



# Al-Anon Family Groups

Help and hope for families and friends of alcoholics

***The Forum:***

**Sharing Recovery, Unity, and Service.**

*The Forum* began as a monthly newsletter in 1954 titled *Al-Anon Family Groups Forum*. In 1978 it expanded into a magazine with its current title.



# The Forum, as a concept, is Conference approved.





**In *The Forum*, Al-Anon and Alateen members share their challenges, insights, and progress along their paths of self-discovery and spiritual growth. It has been a vital part of recovery for many members.**



# Your Group Representative is also your *Forum* Representative



## THE Forum

Sharing Recovery, Unity, and Service

### Information and tips for GRs as *Forum* Representatives (F-2)

Announce at meetings that *The Forum*, as a concept, is Conference approved, and encourage its use in meetings. Please refer to the *Al-Anon/Alateen Service Manual* (P-24/27) for more information.

#### Inform members that *The Forum*:

- is the "voice of the fellowship"
- contains fresh, contemporary sharings each month
- contains Al-Anon and Alateen meeting topics
- shares World Service Office (WSO) news

Encourage individual members to subscribe (gift subscriptions are also available). Have *Forum* order blanks (S-41) available. (Order blanks are available at your local LDC or by ordering on-line through the WSO.)

Encourage your group to subscribe, so that the magazine will always be visible at your group and handy for meeting topics.

Distribute the *Forum* Writing Guideline (F-1) and encourage members to submit their sharings to *The Forum*. Members' sharings are what makes the magazine a relevant recovery tool.

Suggest an occasional writing meeting.

Introduce newcomers to *The Forum*.

Consider a group project to provide a gift subscription to new members.

Share with enthusiasm what *The Forum* means to you and your recovery.

Remind members that *The Forum* is written by members, for members. Encourage your group to use *Al-Anon Faces Alcoholism* as an alternative for public outreach projects.

Thank everyone for supporting *The Forum*.

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



# ★ Our Departments ★

**ALATEEN**

**Inside  
Al-Anon**

**INSTANT  
MEETING**



**One,  
Quote,  
at a time**

**CAL  
Corner**

**Our  
Three  
Legacies**

**Talk to  
Each Other**



# The Forum is now in full color!

## Calmly through the River

I liken working my Al-Anon program to my white-water rafting trip down the Green River in Utah. Sometimes we were in very calm, placid waters. Other times we encountered large boulders and swift rapids. We relied on our guide to navigate us safely through those situations. Occasionally we would get sucked into an eddy, going around and around for what seemed like an eternity. But eventually, our experienced and reliable guide moved us out of it and back into the flowing river.

My progress in Al-Anon is sometimes smooth and calm, just like the peaceful river. Yet other times I have had to navigate around large boulders and rough, unexpected rapids. But with an excellent guide—my Higher Power—I am learning to successfully work through distressing situations and navigate out of the eddies of life. My Higher Power continues to lead me through life's obstacles and on toward my destination—a changing attitude and serenity that I have never known before.

**By Evelyn, Arizona**

16

August 2018

al-anon.org

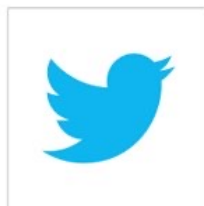
17

# The Forum is quoted on Social Media



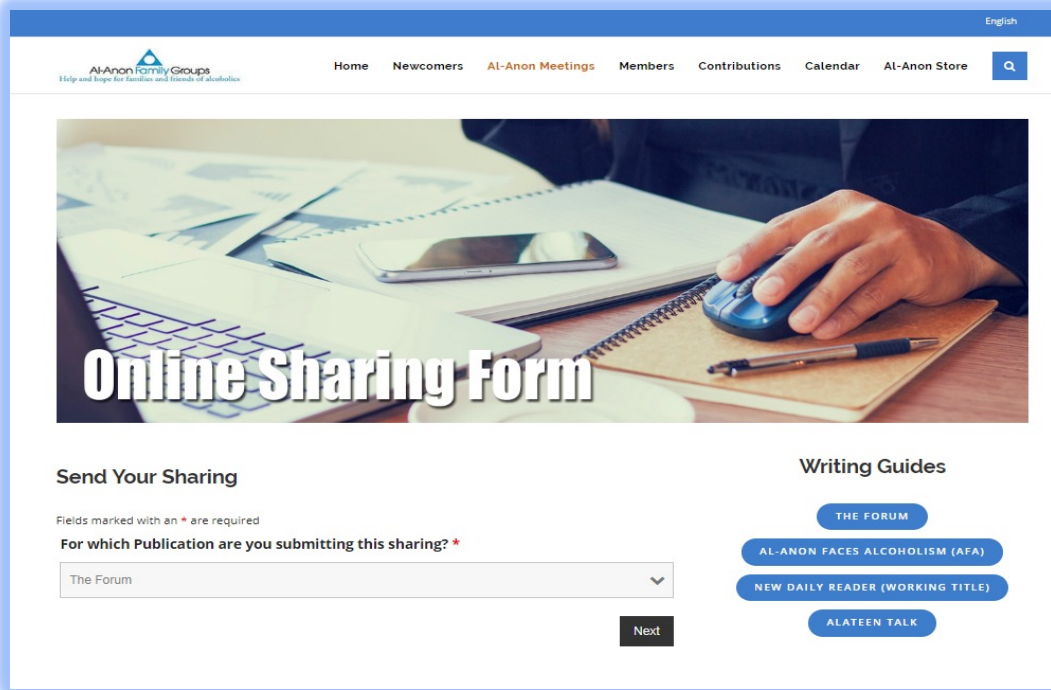
Posts made to our social media platforms are from monthly issues of *The Forum*.

We have reached over 5 million people across the world with our social media platforms.





# Stories in *The Forum* come from our members. Have you considered submitting a sharing?

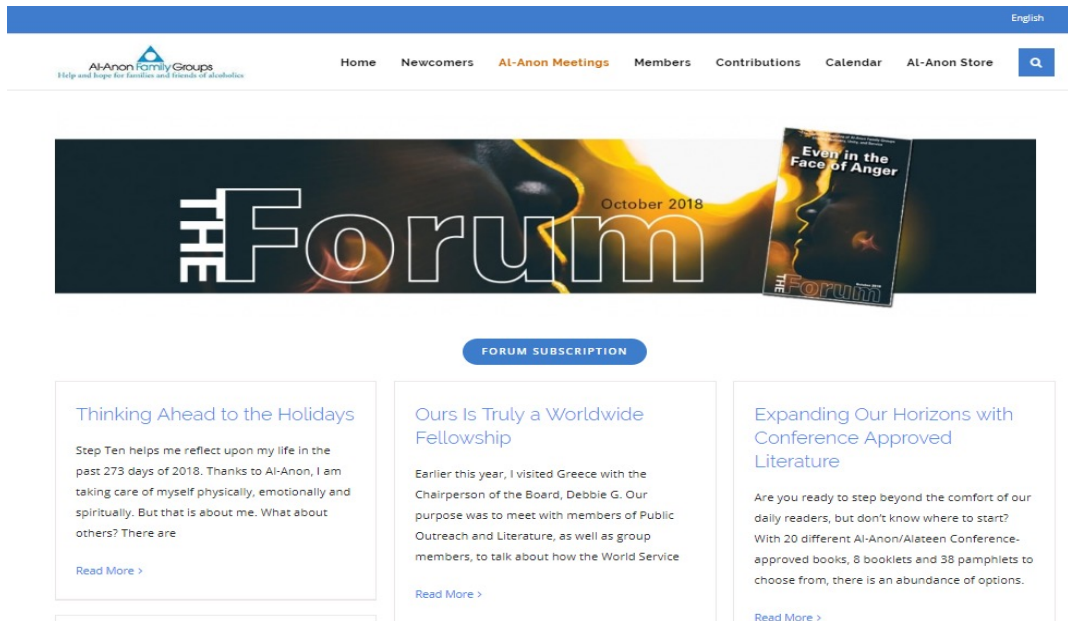


The screenshot shows the Al-Anon Family Groups website's 'Online Sharing Form'. The header includes the Al-Anon logo and navigation links: Home, Newcomers, Al-Anon Meetings, Members, Contributions, Calendar, and Al-Anon Store. A search bar is also present. The main content area features a large image of a hand using a mouse on a desk with papers and a laptop. Below the image, the text 'Online Sharing Form' is displayed. The form includes a section titled 'Send Your Sharing' with a note that fields marked with an asterisk are required. A dropdown menu is labeled 'For which Publication are you submitting this sharing? \*' and currently shows 'The Forum'. A 'Next' button is located below the dropdown. To the right of the form is a 'Writing Guides' section with four buttons: 'THE FORUM', 'AL-ANON FACES ALCOHOLISM (AFA)', 'NEW DAILY READER (WORKING TITLE)', and 'ALATEEN TALK'.



Readers are encouraged to send in not only articles, but photographs, as well, to [al-anon.org/forumshare](http://al-anon.org/forumshare)

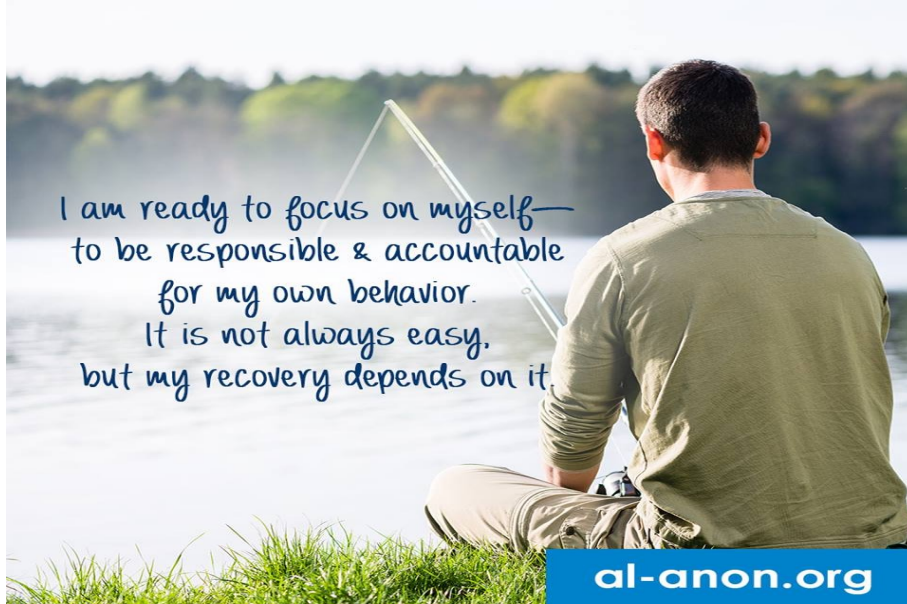
# You can order *The Forum* at [al-anon.org/forum](http://al-anon.org/forum)



The screenshot shows the Al-Anon website's Forum subscription page. At the top, there is a navigation bar with the Al-Anon Family Groups logo and the tagline "Help and hope for families and friends of alcoholics". The navigation menu includes Home, Newcomers, Al-Anon Meetings, Members, Contributions, Calendar, and Al-Anon Store. A search icon is also present. Below the navigation bar is a banner for "THE Forum" October 2018, featuring a cover image of the magazine titled "Even in the Face of Anger". A "FORUM SUBSCRIPTION" button is centered below the banner. Three article teasers are displayed in a grid:

- Thinking Ahead to the Holidays**  
Step Ten helps me reflect upon my life in the past 273 days of 2018. Thanks to Al-Anon, I am taking care of myself physically, emotionally and spiritually. But that is about me. What about others? There are  
[Read More >](#)
- Ours Is Truly a Worldwide Fellowship**  
Earlier this year, I visited Greece with the Chairperson of the Board, Debbie G. Our purpose was to meet with members of Public Outreach and Literature, as well as group members, to talk about how the World Service  
[Read More >](#)
- Expanding Our Horizons with Conference Approved Literature**  
Are you ready to step beyond the comfort of our daily readers, but don't know where to start? With 20 different Al-Anon/Alateen Conference-approved books, 8 booklets and 38 pamphlets to choose from, there is an abundance of options.  
[Read More >](#)

***The Forum* is also available in an electronic version at [al-anon.org/electronic-literature](http://al-anon.org/electronic-literature)**



I am ready to focus on myself—  
to be responsible & accountable  
for my own behavior.  
It is not always easy,  
but my recovery depends on it.

al-anon.org

## How has *The Forum* helped you with your recovery?