

# What brought me to Al-Anon

By Paula W., Arizona

Last evening, I attended an Al-Anon speaker meeting. The speaker was a longtime member. She spoke for about twenty minutes, and then asked if people would like to share or ask her questions. One of those questions was, "What brought you to Al-Anon?"

*"He picked me up, carried me, and ever so gently sat me in a chair."*

This morning when I woke up and began my daily reading and meditation, the question kept creeping into my consciousness. I wondered, "How would I answer this question today?" I have heard many say over the years that they came to Al-Anon because of a loved one's drinking. They didn't know how to cope, or they wanted answers as to how to get their loved one to stop drinking. I did not come searching for answers on how to help a loved one stop drinking or to learn how to cope with another's drinking. I no longer lived with active alcoholism and hadn't for many years.

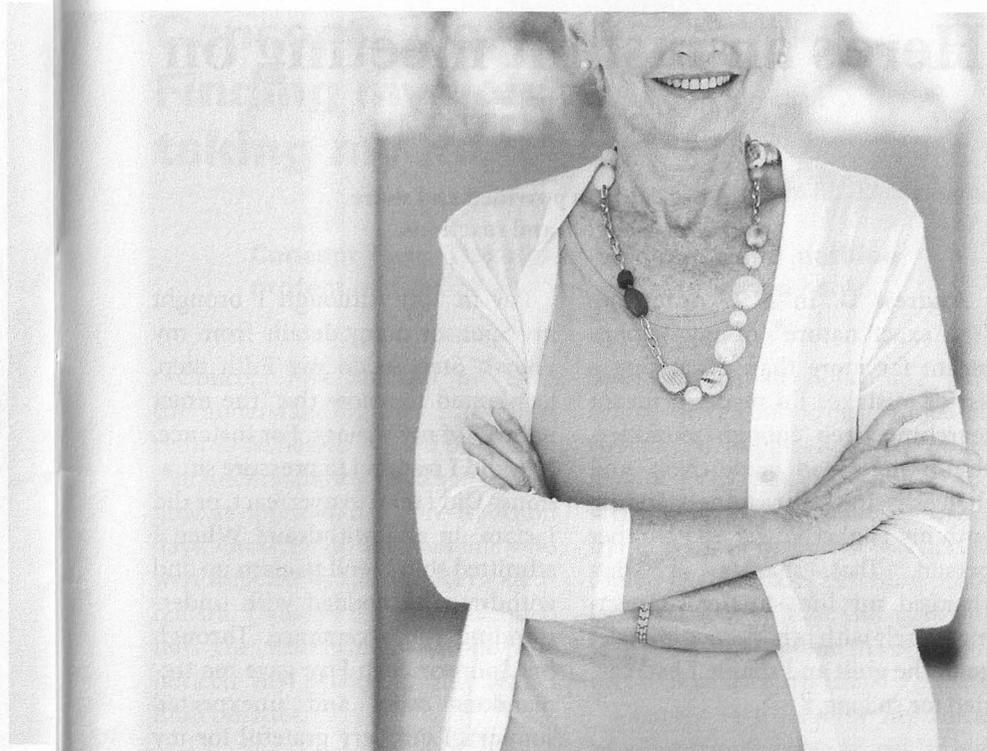
I entered the rooms of Al-Anon in my mid-fifties, completely depleted. I was dead at my very core, emo-

tionally and spiritually. There was no joy, peace, or serenity in my life. Rescuing or fixing others was not a focus of mine. I didn't have the strength or presence of mind to do that any longer. So, if this were the case, I had to ask myself "What brought me to Al-Anon?"

When I entered the rooms of this remarkable fellowship, I didn't have any faith that I recognized, or any faith that I consciously relied upon. I had no idea what "faith" meant to me, or if I believed in God, or a Higher Power. At first, I was uncomfortable when God or Higher Power was mentioned in the meetings and in the literature.

As I continued to ponder this question, reflecting on where I was when I arrived in Al-Anon and where I am today, I was stumped for an answer. I was trying to identify a rational thought process. I had no logical answer that would lead me to believe that I came of my own accord.

I have no recollection of making a conscious decision to find a meeting, nor do I remember how I knew where to go. I don't remember actively searching for a meeting or contacting anyone. I have always taken pride in my memory and it



felt so strange to have no memory of how I found my first meeting.

Suddenly, I knew deep in my heart, and with every fiber of my being, that God had brought me to the rooms of Al-Anon. He picked me up, carried me, and ever so gently sat me in a chair. He left me in the loving care of the fellowship. He opened my heart to receive the love and guidance of the members.

I am currently working the Tenth Step with my Sponsor, and have not yet worked Step Twelve. However,

this morning I had an illuminating moment of clarity regarding my personal spiritual awakening. For me, it is not a singular event, nor a reward held back until all Twelve Steps have been completed. It is a journey of awakenings.

My journey of awakenings began the moment that God lifted me up, carried me, and introduced me to this remarkable fellowship where the understanding, love, and peace of the program truly has grown in me—"One Day at a Time."

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