



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

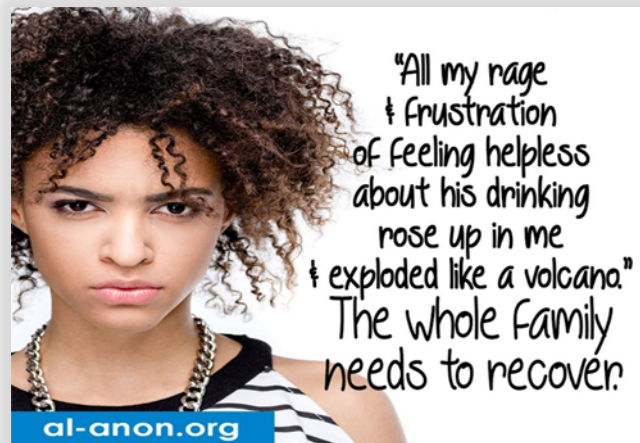
16

August 2018

al-anon.org

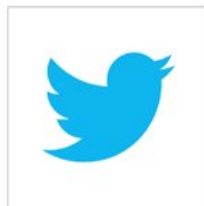
17

The Forum is quoted on Social Media

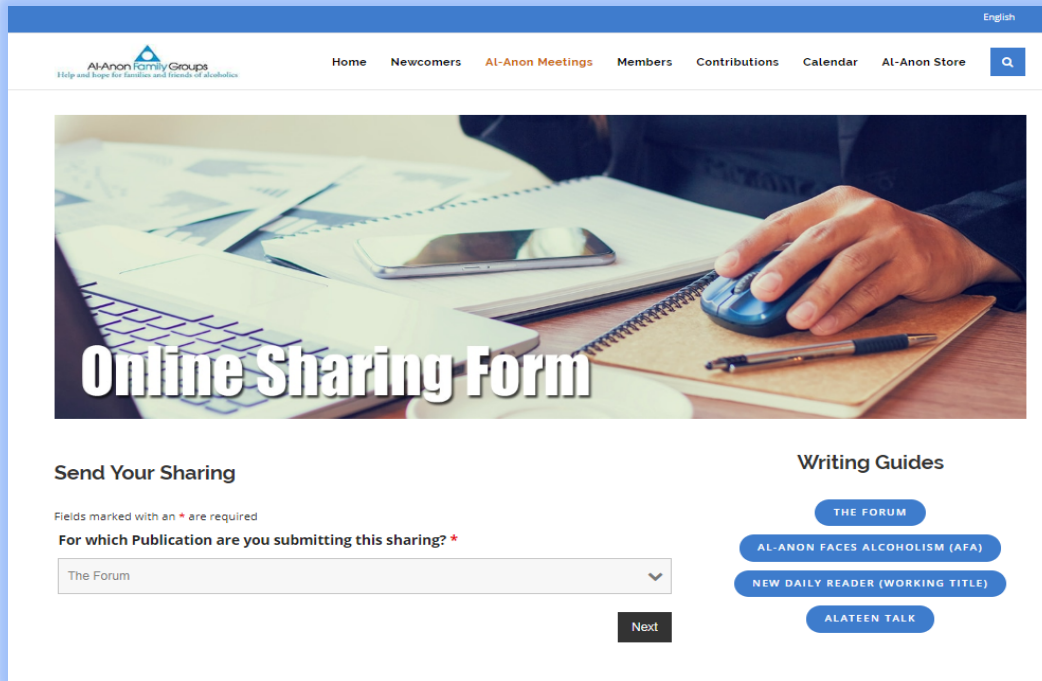


Posts made to our social media platforms are from monthly issues of *The Forum*.

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?

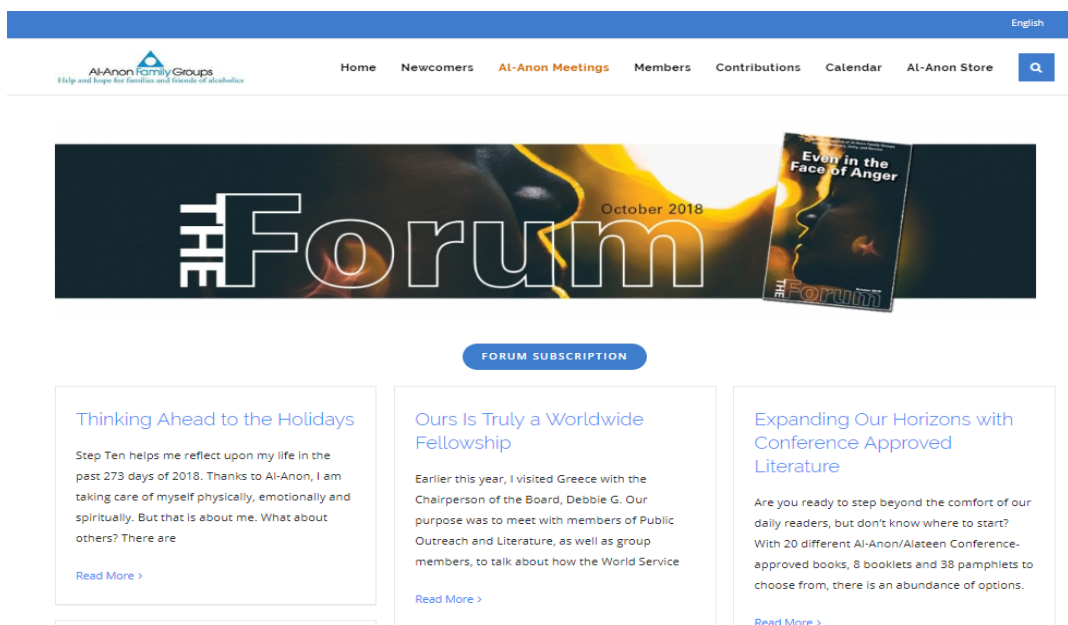


The screenshot shows the Al-Anon Family Groups website's online sharing form. The header includes the Al-Anon logo and navigation links: Home, Newcomers, Al-Anon Meetings, Members, Contributions, Calendar, and Al-Anon Store. A search bar is also present. The main content area features a large image of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

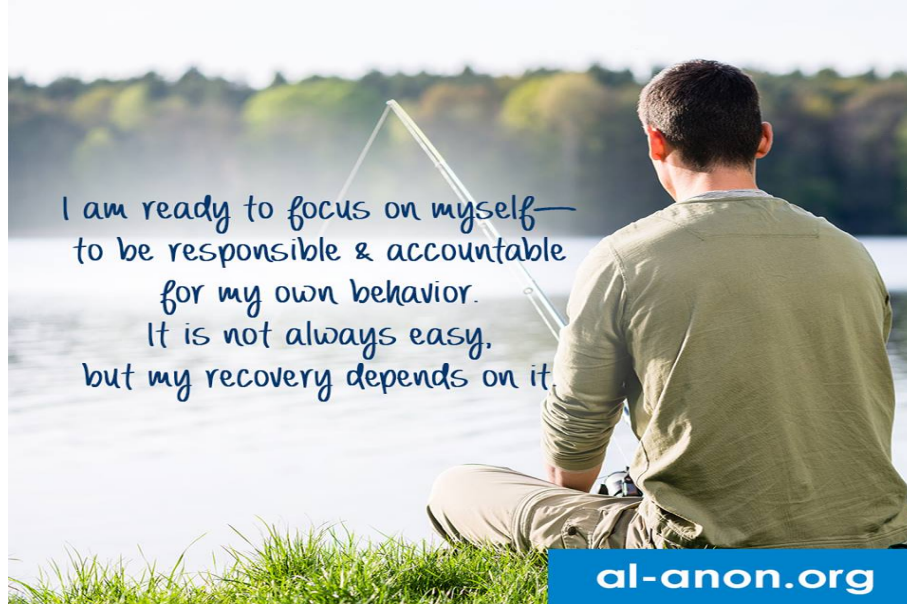


Readers are encouraged to send in not only articles, but photographs, as well, to al-anon.org/forumshare

You can order *The Forum* at al-anon.org/forum



***The Forum* is also available in an
electronic version at
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?