

Al-Anon's Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our short-comings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Al-Anon Is:

- A fellowship of relatives and friends of alcoholics who believe their lives have been affected by someone else's drinking.
- A spiritual program compatible with all religious beliefs, or none.
- A nonprofessional fellowship where members share their experience, strength and hope with each other to solve their common problems.
- A program that protects the anonymity of all Al-Anon, Alateen and AA members.

Al-Anon is NOT:

- Allied with any sect, denomination, political entity, organisation, or institution.
- Involved in any outside issues—it neither endorses nor opposes any cause.
- Affiliated with AA, though the two fellowships cooperate with one another.
- A religious organisation, treatment centres counselling agency, or teaching program.
- Intended for families of drug abusers or individuals with other difficulties unless there is a problem of alcoholism as well.

**To Contact Al-Anon anywhere in
Australia for the cost of a local call:
1300 ALANON (1300 252 666)**

**Compiled and Distributed by:
Al-Anon Family Groups
Australian General Service Office
www.al-anon.alateen.org/australia**

Al-Anon/Alateen is supported by members' voluntary contributions
and from the sale of our Conference Approved Literature.



PRINTED IN AUSTRALIA
X-20

AL-ANON FAMILY GROUPS

WELCOME
*Australian Indigenous
People*

S E R V I C E

AL-ANON FAMILY GROUPS
hope for families & friends of alcoholics



Al-Anon Recovery

Al-Anon is for anyone who has been affected by alcoholism. If you are concerned about someone else's drinking, the Al-Anon program can offer help. Alateen is for teenagers.

Al-Anon / Alateen members are finding peace and help in our program, whether the alcoholic is still drinking or not. Recovery in Al-Anon is based on the Twelve Steps (adapted from Alcoholics Anonymous).

STEP ONE:

We admitted we were powerless over alcohol—that our lives had become unmanageable.

From the beginning, we learn we cannot control another person's drinking. We will continue to live in frustration until we stop trying to control. Once we learn to leave the problem alone, the loving concern and help of the other members will provide strong support to help us understand what the Al-Anon program can do for us.

STEP TWO:

Came to believe that a Power greater than ourselves could restore us to sanity.

It's a Spiritual Program

An important principle of Al-Anon recovery is a belief in a "Higher Power." Al-Anon does not endorse any particular religion or religious belief (or lack of religion), but members are encouraged to use their faith in a Higher Power as a tool of recovery. "Insanity" is a strong word, but most agree that living with alcoholism can take us there, and our faith in a Power greater than ourselves can and does "restore us to sanity."

STEP THREE:

Made a decision to turn our will and our lives over to the care of God as we understood him.

Al-Anon / Alateen members learn that surrender to a Higher Power is an important aid to recovery. Whatever our beliefs, the God of our understanding will help us through any trials we encounter.

But I Feel Different.....

Al-Anon members are old, young, female, male, and from many different cultural backgrounds. They are children of, employers and employees of friends, of parents, of grandparents, of brothers and sisters and partners of alcoholics. We will not find all of these types of people at every meeting, but we will find a common bond: alcoholism, which we call a family illness.

Indigenous members share about attending their first meeting:

"Eventually I went to my first Al-Anon meeting. I came out feeling really good. The tide was starting to turn."

"At my first meeting, I was given a newcomers pack of Al-Anon pamphlets and a brief run down on how the program works."

"I am an aboriginal mother with two young boys. I was brought up with an alcoholic father and I have seen a lot of my family members die from this disease. Becoming a new member of Al-Anon has changed my life."

"I found that the doors are always open at an Al-Anon meeting for people of any race or culture."

"The Al-Anon members welcomed me. I attend a lovely and friendly Al-Anon group. For the first time in my life I feel part of something. The Al-Anon group has made me feel comfortable. I feel the members understand me. I really feel relaxed when I attend my meetings."

"When I came into Al-Anon I was scared of reading in case I didn't say the words properly. I felt uncomfortable at first. A kind lady suggested I ask the person next to me to help me. I was embarrassed but Al-Anon people helped me through it and I kept going to meetings. I felt accepted in Al-Anon where I didn't feel accepted in white or indigenous society."

"I had my concerns about the program when I first started. Being an indigenous person, I had a distrust for non-indigenous people. Trusting the program as well as trusting people of other backgrounds, was an internal barrier I had to overcome."

Keep Coming Back.....

It is important to attend several meetings before deciding if Al-Anon is for you. Below, indigenous members share what kept them coming back to meetings.

"Wonderful things have happened. My confidence is improved through sharing about hidden feelings I wasn't aware of."

"Al-Anon has opened up doors in many areas and with people in my life. I look after my health. I have love in the fellowship and the world."

"My partner's drinking had caused a lot of problems, our 7 year old was having anxiety attacks and behaviour problems and our 4 year old was following the same patterns. I was so confused and depressed. I was lonely, struggling with this disease on my own. Since I found Al-Anon we are all happier and our home environment is running smoothly."

"I have a sponsor to help me with the program. Family relationships have improved—not so much humbug. I have better contact with community and friends, I don't have shame any more."

"In Alateen, no matter what race or religion or colour, everyone is equal to each other. Alateen reaches out to people who need it. Indigenous people are welcome in Al-Anon and Alateen meetings."

"For All You Koories—Al-Anon Is The Best."

I came back because I felt unconditional acceptance and understanding in the rooms of Al-Anon. In Al-Anon I felt a "sameness" that surpasses race, creed, and colour. We all feel the same pain. Alcoholism is truly an equalizer.