

In the Right Place

I remember what it was like to come to my first meeting. Actually, a member of Alcoholics Anonymous encouraged me to attend. I certainly knew I needed the help.

During the meeting, I was introduced to the members around the table. One member gave me a *One Day at a Time in Al-Anon* (B-6) book with a name and phone number in it. The member told me that I was as important to the group as anyone there. I already knew this person and a few of the others as well.

At the time, I was not afraid to join the group, since my alcoholic ex-husband was away, and my six children and I were alone at home. I was determined to find out what caused his drinking, since he always blamed me for it.

The eldest of my children was 11 and had babysat the younger ones before, so I made a pledge that I would go to every possible meeting held in my area. There was also an open A.A. meeting at the end of every month. In between meetings, I read *One Day at a Time in Al-Anon* as if my life depended upon it, and trust me, it did.

I cried through the first few meetings. The members comforted me, told me it was okay, and said it was good to cry. I heard bits and pieces in that first meeting that let me know I was welcomed and very encouraged to come back. Three people called me during the week and I knew I was in the right place.

Al-Anon is a great program for life, and you are always welcome. I'm so glad I joined.

By Anonymous

The Forum, March 2021

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