



Al-Anon/Alateen Family Groups

Strength and Hope for Families and Friends of Problem Drinkers

Grand Rapids, Michigan and Surrounding Area www.grafg.org • Al-Anon Family Groups World Service Office www.al-anon.org

An Open Letter to Spiritual Leaders

Dear Spiritual Leader,

You are often among the first in the community to learn that a problem in the family may be the result of someone's drinking. Alcoholism is not simply an issue of excessive drinking; it is a disease that affects the drinker as well as his or her family, friends and co-workers, spiritually, mentally and physically.

Al-Anon Family Groups, which includes Alateen for the younger members, is an established community resource for people who have been affected by another's use of alcohol. Al-Anon consists of nonprofessional mutual support groups in which the identity of all members is protected.

Al-Anon is a spiritual program of recovery that is compatible with all religious beliefs and practices.

The Al-Anon/Alateen program can aid the recovery process for the entire family through hope, comfort, and loving interchange among members having a common problem.

When someone turns to you for help and an alcohol related problem is identified, we urge you to suggest that they attend Al-Anon and/or Alateen meetings. Al-Anon can help you help them.

How Else Can You Help?

- Visit the Al-Anon/Alateen World Service Office website at www.al-anon.org. Al-Anon Family Groups offer a variety of resources designed to assist professionals.

Look at the link "for professionals," "teens," and "media." You will find counselors, therapists and others in a range of professions encouraging the friends and families of problem drinkers to attend Al-Anon meetings. At meetings, people can find understanding and support that complements and reinforces your professional recommendations. This site is in English, Spanish and French.

- Request an introductory sample packet of information and posters for your office.
- Suggest those in need call a 24-hour Al-Anon answering service at 616-222-0632.
- Place in your weekly newsletter, quarterly or more often if space permits, a small informational notice about Al-Anon/Alateen Family Groups. For example:

Are you troubled by someone's drinking? Al-Anon/Alateen is a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. For meetings in your area visit www.grafg.org or call a 24-hour Al-Anon answering service at 616-222-0632.

- Place a link for the Al-Anon/Alateen website grafg.org on the support page of your website.

If you or your ministerial staff would like additional information please visit our website at www.grafg.org or e-mail us at info@grafg.org or call 616-222-0632 to speak with an Al-Anon member directly.

We hope you will find opportunities in your place of worship to help your parishioners by suggesting the Al-Anon/Alateen.

Thank you, Grand Rapids and Surrounding Area Public Outreach Committee

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