

# Share your experience, strength, and hope - *in writing!*

In the *Forum* magazine, Al-Anon members share their experience, strength, and hope as they do in meetings. This monthly publication is the "voice of the fellowship" and extends an open invitation for individual members and groups to share. Such sharing is vital in helping members find growth and serenity through the Al-Anon program.

We would really like to receive your story for consideration  
by the Forum Editorial Advisory Committee.

Here are some guidelines for writing for *The Forum*:

1. Share an experience from the heart with the focus on yourself, not the alcoholic or others.
2. Relate a personal experience based on a program principle such as detachment, acceptance, a Step, Tradition, or Concept of Service, etc., and give an instance of how and where you used it.
3. Use the first person (I, me, we, us). True personal sharings do not give direction; they express your own experience, strength, and hope. Please avoid the use of the pronoun "you."
4. Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine. Al-Anon members in other Twelve Step programs, including Alcoholics Anonymous, are asked to write only of their experience in the Al-Anon program.
5. Kindly observe Al-Anon's Twelve Traditions when sharing.



Please send sharings to:

**Al-Anon Family Groups, Inc.**

Attn. Fellowship Communication

1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

Fax: 757-563-1655 or E-mail: [wso@al-anon.org](mailto:wso@al-anon.org)

Please use additional paper if needed to complete your story. Note: most articles are one or two magazine pages of 400 words each.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

If printed, you have my permission to use this article on the Internet ☐ yes ☐ no

☐ Please use my first name, last initial, and state/province/country for credit.

☐ Please sign me "Anonymous"

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*Thank you for sharing your experience, strength, and hope.*

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