

CT AL-ANON FAMILY GROUPS
Conference Approved Literature
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QUARTERLY FEATURE

July – August – September – 2026

Looking for a good book while working the Steps with your Sponsor
or starting a small group study?

Consider finding hope...

... In All Our Affairs

(B15)



This book breaks down the Steps under the topics of

- Awareness (Steps 1, 2, & 3)
- Acceptance (Steps 4, 5, 6, & 7)
- Action (Steps 8 & 9)
- Moving On (Steps 10, 11, & 12)

AWARENESS – PART ONE

*Awareness comes to us slowly
and gently.*

*Fortunately, the First Step
is not the last.*

ACCEPTANCE – PART TWO

*Al-Anon allows us to take an active
role in the subtle process
of acceptance.*

*In time....
many of us feel
better prepared...*

ACTION – PART THREE

*There is no formula for when and
how to act, whatever choices we
make can be used for our growth.*

*Choose to behave with
personal integrity, not because
it will make someone else feel
better, but because it reflects a
way of living that
enriches and heals us.*

MOVING ON – PART FOUR

*We may not be free to choose
the substance of the lessons we
will learn but we can choose
whether the experience will leave
us more defensive... frightened...
or more flexible...
and available to life.*

*Al-Anon is a program
of hope.*