

CT AL-ANON FAMILY GROUPS

Conference

Center

Approved

Distribution

at the

Literature

QUARTERLY FEATURE

April – May – June

The second Quarterly Feature from the LDC is highlighting a hidden gem.

OPENING OUR HEARTS – TRANSFORMING OUR LOSSES

(B-29 is \$16)

With its well laid-out table of contents you will find resources to help work through various aspects of discovering and understanding grief.

The *Preface* starts with “Alcoholism is a disease of many losses.” (page 1). It goes on to say “... we gain the inner resources to pull aside the emotional curtain that has kept us separated from the peace of mind that we yearned for and the rich and full life that we deserve.” (page 2)

An Al-Anon member says on page 5 of the *Introduction*:
“Recognizing my grief seemed to offer me a sense of dignity.”

Each chapter ends with questions to help in the process for
“Transforming Our Losses.”

An excerpt from *Chapter 9* tells us “Life provides us with numerous opportunities to grow... grief can be such an opportunity. We may be unaware..., especially if we are in the midst of it... Nevertheless, it is through our grief that many of us have found deeper and more meaningful lives.”

Hope you add this to your CAL library!



See you next quarter in July!