

CT AL-ANON FAMILY GROUPS Conference Center Approved Distribution at the Literature

QUARTERLY FEATURE

January – February – March - 2026

With a New Year, the first Quarterly Feature When I Got Busy, I Got Better (P78 is \$4.40)

Offers “*A new view of recovery.*” (page 8)

It goes on to state that:

“Our Al-Anon triangle has three sides (aka Legacies):

Recovery through the Steps,
Unity through the Traditions,
Service through Concepts.”

The chapter titled *Our Common Welfare* (p. 38-55) moves us from simply reciting the words of Step 12 (*Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.*) to discovering and applying a deeper understanding of how to “*practice these principles*” from the experience of those in our fellowship.

Start a New Year with a new study group and explore this little gem!



Happy New Year 2026!