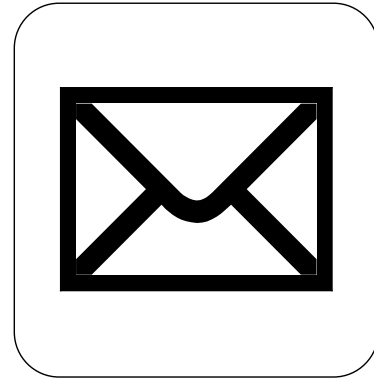


Lone Member Service



Fact Sheet

PURPOSE

There are individuals who need and want the comfort and support of Al-Anon, but cannot avail themselves of this help and hope because there are no groups in their areas. Others are unable to attend meetings due to illness or disability.

The Lone Member Service was created by the Al-Anon World Service Office for these isolated members throughout the world.

WHO ARE LONE MEMBERS?

A **Lone Member** is:

- any adult who doesn't have a local meeting or cannot attend meetings because of distance. (within 25 miles)
- any adult who is unable to attend meetings due to illness or disability.

A **Lone Member Contact** is:

- an active Al-Anon member who attends meetings regularly, has experience with the Steps and Traditions and is able to serve as a Sponsor to a Lone Member.

HOW IT WORKS

Lone Members correspond with Lone Member Contacts. Lone Member Contacts act as Sponsors and letters serve as meetings, offering Lone Members the opportunity to share their feelings regarding the effects of someone else's drinking. Contacts share how Al-Anon's program of recovery is applied to their daily lives, allowing the Lone Members the benefit of firsthand knowledge from an active Al-Anon member.

For further information, contact the Al-Anon Family Group Headquarters.
AFG, Inc.
Group Services
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
(757) 563-1600 FAX(757)563-1655

Guidelines

Welcome! We hope the experience of exchanging letters with another Al-Anon member who has been affected by someone else's drinking will be helpful to you in applying the principles of the Al-Anon program to your daily life. These guidelines will clarify how the Lone Member Service can best work for you.

The WSO Lone Member correspondence service offers a way to exchange information about Al-Anon with individuals who are unable to attend meetings. It is neither a Lonely Hearts Club or a Pen Pal service, nor does it provide assistance with employment, housing, clothing, legal matters, money or gifts. Please, DO NOT make requests of this nature.

Experience suggests it helps for men to write to men and for women to write to women. This custom reduces the chance of emotional involvement and family complications that may distract from Al-Anon's primary spiritual purpose.

The Lone Member Contact writes FIRST, letting the Lone Member know his/her name and mailing address, and shares information about Al-Anon and how the program has helped him/her.

In the Lone Member's first letter to the Lone Member Contact, the Lone Member introduces him/herself and briefly shares how someone else's drinking has affected him/her. Your sharing may include your relationship to the alcoholic and how you heard about Al-Anon or any questions you have about the program.

In the spirit of our Twelfth Tradition, the anonymity of all correspondents and the contents of the letters is to be respected.

It is essential to answer all letters. If your circumstances change, you can ask to be removed from the WSO Lone Member correspondence service by promptly writing to the World Service Office and notifying your Al-Anon correspondents

Whenever possible, we encourage the formation of an Al-Anon group in your community. You may write to the World Service Office for further information. We will also make the area delegate aware of your interest of having an Al-Anon group established.

The staff at the World Service Office extends our best wishes for your recovery and growth in Al-Anon. We understand as few others can, the impact of alcoholism upon family members and friends.

Lone Member Service

Lone Member

Lone Member Service

Registration

Name _____

Address _____

City/Town _____ State/Province _____

Zip/Postal Code _____ Country _____

Phone # (____) _____ E-Mail Address _____

Why are you seeking the Lone Member Service?

- No **AI-Anon** meeting within 25 miles
- Disabled/Homebound

The AI-Anon World Service Office will use its best efforts to encourage all members focus their sharings on the effects of someone else's alcoholism and the ways that they use the program to deal with those effects. AI-Anon is not responsible for another person's abuse of the Lone Member Service. If you give consent to releasing your name and address, you may be contacted by persons who misuse this service. Please inform the AI-Anon WSO immediately.

Please also complete the Lone Member Sharing Sheet

PLEASE RETURN THIS FORM AND THE SHARING SHEET TO:

AI-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

