

Quotations for 2022 Service Arm Calendars

The following 20 quotations (in English, Spanish, and French) from Conference Approved Literature can be used by Al Anon service arms in 2022 calendars without completing the usually required reprint permission request form. For those service arms that wish their calendars to focus on the “Step of the month,” the first 12 quotations are about the Twelve Steps. Eight other quotations on a variety of topics are also provided. You may use as few or as many of these quotations in your calendar as you wish. As a service arm, you may also quote any or all of the Steps, Traditions, and Concepts of Service, provided you do not alter them in any way. The only stipulation is that you include the attribution to the quotation immediately following it, and that somewhere in the body of the calendar, you include the following credit line:

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1. The first word of the First Step illustrates an important concept in AlAnon recovery: We are not alone. In our early meetings, we realize this is true.
Paths to Recovery—AlAnon's Steps, Traditions, and Concepts (B-24), page 7
2. The Second Step is about possibility, about hope. With this Step, we come to believe that a Power greater than ourselves *could* restore us to sanity. We are asked to open our minds to the possibility that help is available. Perhaps there is a source of assistance that can do for us what we have been unable to do for ourselves. We don't have to believe that it *will* happen, only that it *could*.
Courage to Change (B-16), page 156
3. Step Three is an opportunity to remind ourselves that we can “Let Go and Let God.” We can let go of our frustrated wish to control the future as well as our futile inner resistance to the present moment. Instead, we can find peace of mind in bringing our will and our lives into harmony with a Power greater than ourselves.
Discovering Choices (B-30), pages 217-8
4. Step Four is not only supposed to help me become aware of my shortcomings, it's meant to add to my feelings of self-worth as well. I have at least one good quality. Not to recognize it is to cheat myself. Even improvement of a shortcoming can be considered a good quality; being willing to change takes maturity.
Blueprint for Progress (Original Version) (P-5), page 9
5. Not only does Step Five help us to learn that what we have done isn't so terrible or so irredeemable, but also that there are people who will love us unconditionally, even if they know the very worst about us. Most of us are astonished to discover that we are the only ones who judge ourselves and our wrongs harshly. This Step can dramatically change the way we look at ourselves and others, and most of us find it well worth the effort.
How AlAnon Works for Friends and Families of Alcoholics (B-22), page 53

6. The purpose of Step Six was to make ourselves ready to accept God's help and to know, with absolute certainty, when we had done so. Taking this Step continued to remind us that we needed the help of a Power greater than ourselves. This ever-available help, however, in no way relieved us of our responsibility to uncover and examine our defects.
ALAnon's Twelve Steps & Twelve Traditions (B-8), page 39
7. Working Step Seven is ongoing, as character defects are revealed to me. In maintaining rigorous honesty about how I was affected by the disease growing up, new life experiences reveal underlying character defects that still play out in my adult relationships.
Reaching for Personal Freedom (P-92), page 42
8. If we're used to seeing ourselves as victims, it might be difficult at first to admit that we have, in fact, harmed others. Our intent in Step Eight is to be as honest and forthcoming as we can—not so we'll feel bad about ourselves, but so we can begin to free ourselves from guilt.
Opening Our Hearts, Transforming Our Losses (B-29), page 123
9. This Step [Nine] is for *my* peace of mind. If others receive satisfaction from my amends, that is great. My amends do not depend on someone else's forgiveness. I need to forgive myself.
In All Our Affairs: Making Crises Work for You (B-15), page 197
10. I used the Tenth Step as a guide each day to rediscover who I was and what I wanted others to know about me. It was important to let the people I loved know who I was trying to be.
Living with Sobriety(P-49), page 37
11. The spiritual exercise suggested by the Eleventh Step is a powerful force for good in our lives. Let me not ever think I have no time for it. I would be depriving myself of precious help.
The Dilemma of the Alcoholic Marriage (B-4), page 94
12. The final triumphant statement of spirituality which is announced in Step Twelve can come to every one of us as we live the ALAnon way. . . . The spiritual awakening is a realization that we are not alone and helpless; we have learned certain truths which we are now able to carry to others in order to help them.
One Day at a Time in ALAnon (B-6), page 178
13. It is not what happens today that is beyond our powers to endure. Rather, it is remorse or bitterness for things that happened yesterday, and dread of what tomorrow will bring. Let us remind ourselves each morning that we will live this one day as fully and confidently as we can.
Alcoholism, the Family Disease (P-4), page 16

14. It can be difficult to trust ourselves. In AlAnon we are learning not only to trust our Higher Power, ourselves, and our fellow members, but also that we deserve to be trusted. At first those around us may be doubtful of our new attitudes, but we can earn their trust as well.
Blueprint for Progress—AlAnon’s Fourth Step Inventory (Revised) (P-91), page 51
15. “Easy Does It” is a gentle reminder that we accomplish more by not forcing issues. Improving our own attitudes, and our own state of mind, takes time. Haste and impatience can only defeat our purposes.
This Is AlAnon (P-32), page 9
16. Being clear about what is acceptable to me is a tool I use to take care of myself. It falls under the category of changing the things I can, as stated in the Serenity Prayer. To set reasonable and effective boundaries, it’s important that I discern the difference between my responsibilities and someone else’s. The Serenity Prayer can help me with this, too. Then I can make choices about what action I will or will not take. I am free to take care of myself in any way I deem necessary, whether or not anyone else likes my choices.
Hope for Today (B-27), page 199
17. Our first breakthrough came with our decision to reach out for help at group meetings where we found people just like us, people with the same pains and the same hopes. As we attended more meetings we saw and heard those who had found a way to change their lives to find serenity and joy—feelings we had long forgotten. Often it was this sense of hope that led us to trust once again in others.
Sponsorship, What It’s All About (P-31)
18. AlAnon gave me the freedom to be me and taught me that my happiness depends only on me and not on my family. I have a choice, and I choose this way of life. It is so great!
AlAnon Sharings from Adult Children (P-47), page 13
19. Gratitude enables us to savor the unrecognized good that surrounds us, no matter what the circumstances. As we become accustomed to noticing the positive aspects of our lives, we begin to recognize small, subtle gifts and cloaked opportunities when they appear in our day-to-day experience. Eventually, as we continue to practice, we actually do find something to be grateful for, even in painful or difficult situations.
How AlAnon Works for Friends and Families of Alcoholics (B-22), page 78
20. In my life, as in AlAnon, I’ve moved from being a fairly passive and dissatisfied observer to being a participant and an active contributor. AlAnon service has given me the chance to realize that I have a life, that I have strong opinions, preferences, and values, and that I have the right to say yes to life on a daily basis in whatever way feels appropriate to me.
When I Got Busy, I Got Better (P-78), page 33