

Thought Force: Create Strategies to Help the Membership  
Welcome New Practices into the Fellowship  
2015 World Service Conference  
Al-Anon Declaration Monologue

Hi everyone. I am known as the Al-Anon Declaration. I am often the last words Al-Anon group members say together at the end of the Al-Anon meeting.

Some of you might remember me, when I was in short pants and pigtails, as a slogan. I grew beyond my slogan years to the present fuller declaration: "Let It Begin with Me. When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and—Let It Begin with Me."

You can read about my history in *Many Voices, One Journey* (B-31). On pages 172-173, it states that "At its meeting in January, the Policy Committee declared: The slogan "Let It Begin with Me" is to be worked into a declaration similar to A.A.'s "I Am Responsible" and it is to be printed in a small leaflet to be introduced at the 1974 World Service Conference...Then, at its meeting in March 1984, the Policy Committee approved the new Al-Anon Declaration."

You may recognize my literary picture from such Conference Approved Literature as the Al-Anon/Alateen Service Manual (P-24/27) and the pamphlet *This is Al-Anon* (P-32). I am often included with the Al-Anon/Alateen Closing. It is suggested that groups close in a manner that is agreeable to the group conscience. Many groups say the Al-Anon Declaration in their closing.

In closing their meetings, I have been adopted by a number of groups.

At the 2001 Conference, one member reminded the Conference that Lois W. said, "It doesn't matter what prayer we close with, but that we close with a spiritual moment." (*Many Voices, One Journey*, p.335)

As members understand me and put me into practice by reaching out, we demonstrate consistency with our spiritual principles so we can better live our primary purpose by extending our hand to families and friends of alcoholics.