

Reflection on Al-Anon

Al-Anon is invaluable help for those who navigate the treacherous waters of loving a family member who is also an alcoholic. I frequently recommend participation in the program in my capacity as a pastor. There's nothing quite like the power of sharing struggles with people who have been there. From the perspective of a spiritual leader in the Christian tradition, I find the Twelve Steps developed by Alcoholics Anonymous and Al-Anon to be profoundly and powerfully consistent with Christian spirituality. In fact, I think anyone in pursuit of God would be well served by integrating these steps into their own spiritual path.

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