

Introduction

One Day at a Time in Al-Anon, Al-Anon's fourth book and first daily reader, was introduced in September 1968. Compiled by the Chairperson of the Literature Committee with input from many other members, its page-a-day format provided practical applications of Al-Anon's spiritual principles. The "*ODAT*" quickly became one of our fellowship's most beloved books.

The family disease of alcoholism is as challenging today as ever, and the principles that helped our pioneer members still remain relevant. However, much has changed since 1968. At that time, most members were wives of alcoholic husbands. Some attitudes and customs prevalent then may seem outdated or non-inclusive by today's standards. Therefore, it may help to consider this book in the context of its time and, as we say in Al-Anon, "take what you liked and leave the rest."

The sharings in this book were often reinforced by quotations. Because very little Al-Anon literature existed at the time, outside sources were also used. Quotations were selected for their consistency with Al-Anon principles and implied no endorsement of the person or volume quoted. Al-Anon has always been a spiritual program for people of any religious belief or of none.

From as early as 1978, the World Service Conference expressed concern that if changes were made to *One Day at a Time in Al-Anon*, each alteration could separate us further from the collective wisdom of our earliest members. Over the years, the Conference has instead approved additional daily readers that reflect the growth of our fellowship.

Al-Anon's Twelve Steps encourage us to better understand who we have been so we can become who we want to be. As we read these pages, may the words of our early members help us to better understand who we were, who we are, and who we can be.