

*"If I see that something could be strengthened in my group, it's up to me as much as anyone to help strengthen it. In this way I can live by Tradition Seven and keep my group self-supporting."*

*Hope for Today (B-27), page 187*

### **Some of the ways that members contribute are:**

#### **Group:**

- Attend regularly; welcome newcomers
- Help with set-up and clean-up
- Give what you can when the basket is passed
- Serve as a Group Representative, Information Service Representative, or officer
- Encourage reports from the Group Representative and Treasurer

#### **District:**

- Attend District meetings and events
- Send personal or group contributions
- Serve as a District Representative, officer, or committee member

#### **Al-Anon Information Service:**

- Volunteer to answer phones
- Send personal or group contributions
- Serve as an officer or committee member
- Attend fundraising events

#### **Area:**

- Attend the Area Assembly and events
- Serve as a Coordinator, Area officer, or committee member
- Send personal, group, or district contributions

#### **World Service Office:**

- Use and display Conference Approved Literature
- Serve on an at-large or advisory committee
- Send individual, group, district, Al-Anon Information Service, or Area contributions
- Contribute individually through the Quarterly Appeal, make other contributions and/or remember Al-Anon in your will
- Authorize automatic deductions from personal checking account
- Contributions to the WSO may be tax deductible

*"If you have received help, and you no doubt have, why not give to further the cause for the peace and serenity of future members."*

*Anne B., Cofounder of Al-Anon, 1958*

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# Seventh TRADITION

**Every group ought to be fully self-supporting,  
declining outside contributions.**



*"Al-Anon survives and grows because  
of the involvement and commitment  
of its members."*

*How Al-Anon Works for Families  
& Friends of Alcoholics  
(B-22), page 117*



*As our Seventh Tradition suggests, Al-Anon is a self-supporting fellowship. As individuals, we learn to take responsibility for our own words, thoughts, feelings, and actions. As members of our group, we do whatever it takes to assure that our group remains strong and vibrant. We are self-supporting when we give our group the time, talent, energy, and money it needs to help the families and friends of alcoholics. We don't accept help from outside our fellowship, but we do reach out beyond our group to assure that "When anyone, anywhere, reaches out for help," Al-Anon and Alateen will be there to provide it.*

Our financial support provides the group with rent money for its meeting place, literature, information for newcomers, reimbursement or payment for the Group Representative's expenses to the assembly and district meetings, and other group expenses.

Our monetary contributions also support the links of service, which ensure the continuity and accuracy of communication throughout our structure. Al-Anon Information Services respond to telephone calls, pay office expenses, and publish meeting lists. The group, district, and the Area Assembly pay rent for their meeting places, perform public outreach services, and send Group Representatives, District Representatives, and Area Coordinators to the district or Assembly meetings. Likewise, the Assembly pays the Delegate's expenses to attend the annual World Service Conference, Al-Anon's worldwide group conscience meeting.

*"We support Alateen with our money as well as give freely of our time and effort. This is how we make sure Alateen will be there in the future for others who will need it."*

*Alateen—Hope for Children of Alcoholics (B-3), p.39*



The World Service Office maintains the toll-free meeting line and the Public Outreach and Members' Web sites in English, French, and Spanish. The Members' Web site offers free Public Outreach tools, the *Conference Summary*, *Service Manual*, financial information, and other items of interest. The WSO creates and distributes public service announcements, provides service tools, underwrites the cost of planning and supporting Regional Service Seminars, supplements the cost of the World Service Conference, and pays members' expenses to participate in WSO committees.

The Seventh Tradition includes more than just financial support. Members contribute their time and talents, as well as sharing their experience, strength, and hope at the group level. They can become involved at the district, Information Service, Area, and World Service Office. Submitting personal sharings, pictures, or graphics to Area newsletters, *The Forum*, WSO newsletters, or for use in the development of new literature are other ways members participate in service. Members can be of service to Al-Anon's younger members—Alateen—as an area-certified Al-Anon Member Involved in Alateen Service. When we do Twelfth Step work, we are also being self-supporting.

The second part of this Tradition "declining outside contributions" ensures Al-Anon's independence and worldwide unity. Support at all levels comes from Al-Anon members. If it were to come from outside sources the spiritual principle of self-support would be lost.

*"To think of Tradition Seven as a protection for my spiritual growth is humbling and freeing.*

*... I now know that not only do I get to give my money and service, but I also get to receive miracles in abundance."*

*Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts, pages 198-99*

The Seventh Tradition is a vital way to carry out our primary purpose, as expressed in Tradition Five: "Each Al-Anon Family Group has but one purpose: to help families of alcoholics. . . ." Al-Anon is spiritually rich—our members are our abundant resource.