

# The tools of Al-Anon keep me on course—on the road and in life

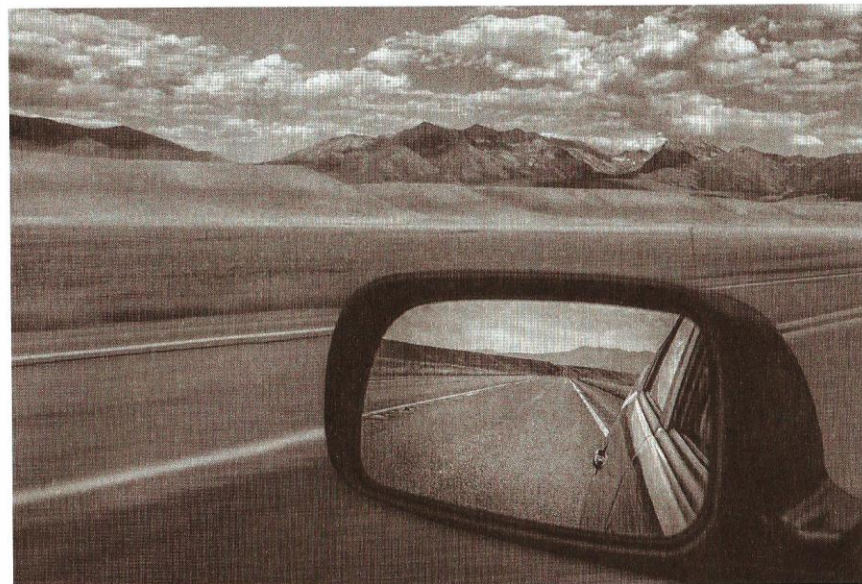
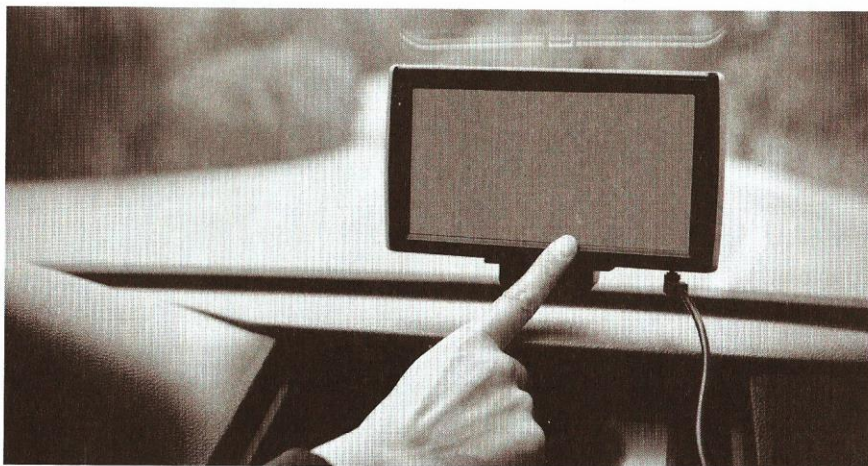
By Janet V., Wisconsin

I'm amazed at the Al-Anon program. I enjoy the spiritual awakenings, where an ordinary experience can become extraordinary. I recently had such an experience while returning home from a family reunion.

On this particular trip, I was especially anxious to get home because my daughter had called earlier to let me know about the serious condition of our dog. He'd recently been diagnosed with Lyme disease and was extremely sick. My lack of directional sense and my anxiety over our family dog were the perfect combination for a storm of confusion. I stopped for

gas in a small rural town, got turned around, and was lost.

I was four hours away from home and felt powerless. My printed driving directions no longer applied and I didn't want to waste precious time trying to retrace and correct my steps. I don't own a smart phone with Internet access, but I do have a GPS system, thanks to my children, who gave me one as a Christmas gift. On most days, I store the GPS in my glove compartment—out of sight, out of mind. I decided my best option was to use my GPS so I pulled over, plugged it in, and set my destination for home.



I was completely confused when my GPS had me going a different way from how I originally came. Nothing looked familiar, I was so confused that I stopped and put in my home address—twice. Surely, there must be a problem with the system, or I had put in something wrong.

After several minutes of frustration, it finally occurred to me that I had a choice. Either I trusted in a Power greater than myself, in this case my GPS (which has been designed for a specific function), or myself and my lack of directional expertise. I choose to surrender and trust that the GPS would do exactly what it was designed to do. It was

not always easy and, at times, I wanted to take back control. Often, I was on roads that made no sense to me, but I continued and headed east towards home, as several signs confirmed. To my added surprise, I ended up home half-an-hour earlier than expected!

*“I was four hours away from home and felt powerless.”*

My experience with Al-Anon is similar. Al-Anon is designed for a specific purpose, too—helping those who have been affected by someone

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