

How does music fit into my recovery?

Here is a question that I've never been asked before. But as I think back on my suffering before Al-Anon, I used music to escape my thoughts, refrain from taking actions to try change someone else, get out of my head, and stop the squirrel cage from running in my mind. Today music is still a part of my recovery, but it has a different use in my life. Today I use words and phrases like calming, centering, fun, dancing like no one is watching, finding meaning in circumstances. As I listen to the words, sometimes there are subtle messages that really highlight what I've come through and where I am today. There's a particular song I've heard recently and pondered upon, where the artist says things like, "Thank you terror", "Thank you disillusionment", "Thank you frailty", "Thank you consequence", "Thank you silence. This also reminds me of a saying we have in Al-Anon that "we can find happiness whether the Alcoholic is still drinking or not" I used to wonder how this is even possible. I wasn't even sure I wanted to stay in Al-Anon after hearing this insane sentence in the closing. But I kept coming back and each time I came back, I heard laughter in the rooms, I heard compassion in the rooms, I heard contentment in the rooms. And soon I found myself happy again. I wouldn't have traded this path for any other. It was exactly what I needed. Thank you Al-Anon.

See you at the convention,

Convention Chair 2023