

When anyone, anywhere, reaches out for help,  
let the hand of Al-Anon always be there,  
and Let It Begin with Me.

I put my hand in yours  
and together we can do  
what I could never do alone.

Keep coming back, it works if you work it!

I seek  
the serenity to accept the things I cannot change,  
the courage to change the things I can, and  
the wisdom to know the difference.