

7:30pm: Meeting Begins

Good evening. Will you please join me in a moment of silence, followed by the Serenity Prayer?

*God grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference*

Please take a moment to silence all things that beep.

Al-Anon Welcome

We welcome you to the Downtown Serenity Seeker's Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live, or have lived, with the problem of alcoholism, understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon we discover that no situation is really hopeless and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The Al-Anon program is based on the Twelve Steps (adapted from Alcoholics Anonymous), which we try, little by little, one day at a time, to apply to our lives, along with our slogans and the Serenity Prayer. The loving interchange of help among members and the daily reading of Al-Anon literature thus makes us ready to receive the priceless gift of serenity.

Anonymity is an important principle of the Al-Anon program. Everything that is said here, in the group meeting and member to member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Al-Anon.

We will now go around the room and introduce ourselves by first name only.

Al-Anon Statement of Purpose

Our meetings last for approximately one hour. On the first Monday of the month, we will read from "Intimacy in Alcoholic Relationships." On the second Monday, we will read and share on the Step of the month from "How Al-Anon Works." On the third Monday, we will have a speaker share about their experience, strength, and hope in Al-Anon. On the fourth Monday, we will read and share on the Tradition of the month from "How Al-Anon Works." On months with five weeks, we will read and share on an Al-Anon slogan.

During this hour we come together for mutual help. We come to learn to live the Al-Anon program.

We request that all present refrain from gossip, dominance, and discussion of religion, treatment centers, self-help programs, counseling and the use or mention of material other than our Al-Anon Conference Approved Literature (CAL). Please remember that in Al-Anon we keep the focus on ourselves and not on the alcoholic.

Newcomers Welcome

Are there any newcomers in their first 30 days of Al-Anon or visitors from out of town? If so, could you please introduce yourselves so that we may welcome you?

As a newcomer, you make feel that you are here for the alcoholic...that your presence here may teach you how to stop his or her drinking. The truth is, you are here because of the alcoholic and not for the alcoholic. You will soon learn that you did not cause the alcoholic to drink, you cannot control the drinking, nor can you cure the alcoholic. You are here for yourself. This is your program, it is your recovery from the effects of the disease of alcoholism.

Some thoughts to consider:

- Try at least six meetings before deciding whether Al-anon is for you.
- Don't expect too much too soon. It took a long time to need these meetings.
- Keep an open mind. Take what you like from the meetings and leave the rest.
- Anything said at the meeting is confidential.
- We will protect your anonymity and ask that you protect ours.
- Al-Anon is a spiritual program, not a religious one. Higher Power for many is God, but need not be.
- If you have any questions, please feel free to talk to someone after the meeting or call someone on the phone list.

You will find love, understanding, and a lot of hope from the Al-Anon Family Group. The people around you tonight are experiencing in varying degrees the hurt, the anger, the anxiety that you are experiencing. We in Al-Anon share our experiences because it helps us to focus on ourselves and our recovery. We do this with the use of the Al-Anon tools of the program (steps, slogans, literature).

Al-Anon Preamble to the Twelve Steps

The Al-Anon family groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe that alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Ask a friend to read the Twelve Steps

Ask a friend to read the Tradition of the Month.

Secretary's Announcements

Hello, my name is _____.

We reserve the last ten minutes of the meeting for newcomers to share. However, if newcomers wish to share at any time during the meeting, please feel free to do so.

If you would like to be of service, SHARE asks us to donate three hours of service each month. If you're interested, please see me after the meeting to discuss.

Announce any upcoming elections or business meetings.

Are there any other Al-Anon related announcements?

Let's draw our attention to the tent cards: *Read the tent cards*

Al-Anon Declaration:

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

Welcome!

Please keep the focus on the Al-Anon program and our Steps, Traditions, and Concepts of Service. Let's leave other affiliations outside! Religions, Our Professions, Outside Publications, Other Philosophies, Other Twelve Step Programs.

Whom you see here, what you hear here, when you leave here, let it stay here.

Thank you for letting me be of service. I will now turn the meeting back to our leader.

1st Week of the Month: We read for 10 minutes from "Intimacy in Alcoholic Relationships" and discuss our experience, strength, and hope as it relates to what was read.

2nd Week of the Month: We read the step of the Month (i.e. May = Step 5) from "How Al-Anon Works" and discuss our experience, strength, and hope as it relates to the chapter.

3rd Week of the Month: Leader leads on their experience, strength, and hope (10 minute share). (How it was, how you came to Al-Anon and how it is for you now.)

4th Week of the Month: We read the Tradition of the Month (i.e. May = Tradition 5) from “How Al-Anon Works” and discuss our experience, strength, and hope as it relates to the chapter.

5th Week of the Month: We discuss a slogan of someone’s choice.

After share or reading

In keeping with the loving exchange of ideas, we do not allow cross-talk at this meeting which means responding directly to someone’s share or offering advice. Instead, we ask you to keep the focus on your own recovery as it relates to the Al-Anon steps, slogans, and literature.

Because we want everyone to have the opportunity to share, we limit sharing time to three minutes. The timer will go off after two minutes and you will have one more minute to finish your share. We understand that sharing is important, if you need more time to share, we encourage you to talk with one of us after the meeting, call someone on the phone list, or talk with your sponsor.

8:15pm- Seventh Tradition

We have no dues or fees but we do have group expenses. According to our Seventh Tradition, Al-Anon groups ought to be self-supporting through our own voluntary contributions. We are encouraged to contribute in gratitude for what Al-Anon has given us. If you are a newcomer, the first meeting is on us!

After Seventh Tradition-Newcomers are invited to share

Now it is time for newcomer sharing, are there any newcomers who wish to share or ask any questions?

8:25pm- Al-Anon Closing

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of the room and the confines of your mind.

A few special words to those of you who haven't been with us long: whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us, you'll love us in a very special way-the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you one day at a time.

Will all who care to, join me in closing with the Serenity Prayer?

The Serenity Prayer

God grant me the Serenity

To accept the things I cannot change,

Courage to change the things I can,

And Wisdom to know the difference.

Al-Anon – The Twelve Steps

Because of their proven power and worth, AA's Twelve Steps have been adopted almost word for word by Al-Anon. They represent a way of life appealing to all people of goodwill, of any religious faith or of none. Note the power of the very words!

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Al-Anon – The Twelve Traditions

These guidelines are means of promoting harmony and growth in Al-Anon groups and in the worldwide fellowship of Al-Anon as a whole. Our group experience suggests that our unity depends upon our adherence to these Traditions.

(Read the corresponding Tradition # of the month... May is #: 5)

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants— they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.