

# ***SHARE! at Noon!***

## **How Al-Anon Works for Families and Friends of Alcoholics**

### **Book Study & Discussion**

*(Secretary finds a leader and hands out the three readings to others):*

**LEADER:** We welcome you to the SHARE! at Noon! How Al-Anon Works book study & discussion meeting of Al-Anon Family Groups and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

My name is \_\_\_\_\_ and I'm the leader for today's meeting.

Will you please join me in a moment of silence, followed by the "we version" of the Serenity Prayer?

***God grant us the serenity***

***To accept the things we cannot change,***

***Courage to change the things we can,***

***And wisdom to know the difference.***

This meeting is a **50-minute** book study and discussion. We start at Noon and end at 12:50. Let's go around the room to introduce ourselves, using our first names only.

Are there any newcomers present?

*(If there are newcomers present, welcome them, then read):*

Please say your name again so we can get to know you, and please let us know if you are new to this meeting or to the program as a whole.

In this program, we recommend you go to at least six meetings as close together as possible and try different ones so you can gain clarity and awareness on whether this program is for you and which meeting format works best for you.

We believe the basic text is excellent to study, especially for newcomers, because when we study this book, we believe you can grow to learn the many tools Al-Anon has to offer, including the Steps, the Slogans, Detachment & many more.

Will someone please read the **Preamble to the Twelve Steps**?

Will someone please read the **Twelve Steps**?

This meeting is a cover-to-cover book study and discussion of the basic text of Al-Anon Family Groups: *How Al-Anon Works for Families and Friends of Alcoholics*. We will read one or more sections per meeting, depending on the length of time it takes to complete. The secretary will time the reading to no more than **15-20 minutes**, so there will be time for discussion after. Each person will read 1-3 paragraphs, going around the room, beginning on page \_\_\_\_.

*(The Secretary keeps track of where we are in the book, and starts us off there.)*

Let's begin the reading portion of the meeting.

*(The Secretary times and decides when the appropriate place to stop is.)*

Thank you everyone for reading.

*(After the timed reading portion of the meeting, shares can begin.)*

Members will now share on what we've read today. We ask that you focus your share on today's reading, at least initially. If you need to, it's okay to share on other Al-Anon related issues that you are facing, as well.

The discussion portion of the meeting will go no later than **12:48pm**.

We ask that you please refrain from crosstalk at this meeting. Crosstalk means that we do not interrupt when someone is sharing, we do not comment directly on what another has said, we do not directly address another member, and we do not give advice. Also, remember that in Al-Anon, we do our best to keep the focus on ourselves, rather than the alcoholic or any other "qualifier" you may have.

Thank you.

So that everyone has the opportunity to share, we use a timer. The timer will "beep" after two minutes, alerting you that you have one minute to wrap up your share, so shares are a maximum of **3 minutes**. *(Note: can be longer if less people are present.)*

Who would like to be the timekeeper today?

The meeting is now open for sharing. Who would like to begin?

*(No later than 12:48 pm, the Secretary closes sharing.)*

The time for sharing is over. If you didn't have a chance to share, please talk to someone after the meeting: fellowship is an important part of the Al-Anon Program. Are there any Al-Anon related announcements?

Will someone please read the **Al-Anon Closing** followed by the Serenity Prayer?

**Al-Anon Preamble to the Twelve Steps** – *Read by a Group Member*

**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 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.**

## **Twelve Steps** – *Read by a Group Member*

- 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 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 this room in 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?

*God grant us the serenity*

*To accept the things we cannot change,*

*Courage to change the things we can,*

*And wisdom to know the difference.*