

Suggested Al-Anon meeting format for online/phone meetings

I. Any non-Al-Anon announcements? Remind attendees to mute phone or computer when not speaking.

II. Moment of Silence, followed by the Serenity Prayer

III. Al-Anon Welcome

We welcome you to the (*your group name*) 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 daily reading of Al-Anon literature thus make us ready to receive the priceless gift of serenity.

Al-Anon is an anonymous fellowship. 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.

IV. Please introduce yourself before you share, read the steps etc.
(*first names only*)

V. Any newcomers? Ask for a volunteer to briefly outline what it was like, what happened, what it's like now

VI. Any Anniversaries?

VII. Preamble to the 12 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.

Study of these Steps is essential to progress in the Al-Anon program. The principles they embody are universal, applicable to everyone, whatever his personal creed. In Al-Anon, we strive for an ever-deeper understanding of these Steps, and pray for the wisdom to apply them to our lives.

VIII. The 12 Steps (chose one member to read)

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.

IX. The 12 Traditions (chose one member to read)

These guidelines are the 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.

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 Al-Anon 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, TV and films. 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.

X. Per 7th tradition, please consider sending a donation to the Al-Anon Service Center and/or Area 61 and the World Service Office.

- If you wish to be added to the group phone and email meeting list, let the leader know.

XI. Anonymity – please remember

Who you see here,
What you say here,
When you leave here,
Let it stay here.

XII. Reminders:

- The meeting is to last no more than 1 hour
- Keep to the topic
- Be responsibly brief
- It is okay to pass
- Chair will remind group when 5 minutes are left

XIII. Any Al-Anon Announcements? New or Old Business?

- Remind group about next week's step / topic etc.
- Announce this week's step / topic/ tradition etc.

XIV. Lead begins

XV. Close the Meeting

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

XVII. Closing Serenity Prayer

- Will all who care to, join us in the closing prayer? (whatever prayer group uses)
- "Keep coming back, it works if you work it!"