

FRIDAY NIGHT COUPLES MEETING

Welcome to the 2nd Friday of each month Couples Meeting. My name is _____, & I'm _____

We are a group, who has joined together as couples, to share their experience, strength and hope with each other, in the interest of enhancing our committed relationships. We have created a safe atmosphere and environment to share our feelings as they relate to our issues as a couple.

One or both of each couple is a recovering member of Alcoholics Anonymous. All of us are dedicated to healthy communications, caring, and greater intimacy in our relationships.

The basic requirement for a good marriage or relationship, is a desire to make it work. We do that here by working on our communication skills. Communication has been defined as "sharing and having an interchange of thoughts and feelings" it can be verbal, non-verbal, or both.

To truly listen is to love. To risk expressing intimate thoughts and feelings is to love. To really care what another is thinking and feeling is to love. To communicate – just to try- is to love.

Lets open the meeting with the serenity prayer.... God....

WEDNESDAY NIGHT "KEEP IT REAL" COUPLES MEETING

Leaders note: Please start the meeting promptly at 7:30 p.m.

Welcome to the "KEEP IT REAL" couples meeting, our names are _____ and _____.

We are your leaders for this evening. This meeting is held weekly from 7:30 p.m. to 8:30 p.m.

The purpose of this meeting is to help Couples enhance and improve their relationships. We do this by sharing our feelings openly in a loving and caring environment free of judgments and advice giving. Guided by a way of life based on the Twelve Steps of Al-anon, we share our experience, strength and hope, focusing on how we as Couples practice these principles in our relationship.

Remember who you see here, and what you hear here, let it stay here.

Let's take a moment of silence to bring God into the room.

Leaders note: "a moment" may take as long as a minute or so.

I've asked _____ to read the Do's and Don'ts found in the booklet "Alcoholism The Family Disease", Page 35.

I've asked _____ to read the "Twelve Traditions For Relationships". (Couples Workshop, Arrowhead)

In order for us to feel more a part of, lets introduce ourselves around the room starting on my ____.

It is the format of this meeting for the leading couple to share there "feelings" on their week together, some situation or new awareness in their relationship.

Leaders, please read the following:

Meeting Guidelines:

A good meeting starts on time and ends on time.

This meeting is for Couples, both partners must be members of the couples meeting, one partner a member of AA or Alanon.

Couples are invited to share first; couples with a spouse absent are invited to share last.

If your spouse is absent, share on a "personal awareness" or a "personal success".

Please keep your sharing to 3 to 5 minutes, so that all may have an opportunity to share.

The first Wednesday of the month is a Tradition topic meeting, corresponding with the month.

Leading couples shares for 5 minutes each.

Tonight's topic: _____.

Leaders note: End sharing at 8:25, turn the meeting over to the meeting Secretary.

Secretary thanks the leaders & readers, asks if there is any meeting business while passing the basket in the spirit of A. A.'s tradition that we are self supporting...

Leaders read, The Promises- Couples Style

Thank you for allowing us to be your leaders for tonight. Our intimacy is based on honesty and trust.

I have asked _____ to lead us in the closing prayer of his/her choice.

Friday Night Couples Meeting

Welcome to the Friday Night AA & Al-Anon Oriented Couples Group. Our names are _____ and _____ and we are your leaders for tonight.

Preamble

We who have come to know the AA/Al-Anon programs understand how difficult it is to keep a relationship going during such turbulent times. We have lived through the dry drunks, the insane thinking and the great expectations that we placed on each other and on the twelve step programs. We have gone through this too and we wish to share our experience, strength and hope with you. Therefore the purpose of this meeting is to be supportive in the enhancement of our relationship with our mate through this journey in sobriety.

Prayer of Saint Francis of Assisi

Lord, please make me an instrument of thy peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.

Third Step Prayer

God, I offer myself to thee, to build with me and do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love, and thy way of life. May I do thy will always.

Leaders...

- Ask each person to introduce themselves.
- Ask someone to read the Al-Anon Twelve Steps.
- AA leader reads a portion Dr. Paul's story.
- Al-Anon leader reads a portion of Al-Anon literature of the leader's choice.

Leaders read: We share exclusively as a couple. We do not encourage drunkalogs or lengthy details of situations or events. We focus discussions on issues relating to us as a couple. Please keep your sharing to less than five minutes so that all who need to may participate. Will you join us in the Serenity Prayer?

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.

Leaders...

- Leaders qualify (please try to keep to five minutes each).
- Open sharing - Couples are invited to share on a voluntary basis. If you are in crisis, we encourage you to share now. The meeting will close at 9:00 p.m.

Closing

- Any group business, secretary's announcements, treasurer's report, seventh tradition, and select leader's for next week.
- 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 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 who have not 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 although you may not like all of us, you'll love us in a very special way – the 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 each couple join hands and join us in the closing prayer.

Closing Prayer

Our Father, who art in Heaven. Hallowed be Thy name. Thy kingdom come, Thy will be done on earth, as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil. For thine is the Kingdom and the power and the glory, forever. Amen.

RECOVERING COUPLES ANONYMOUS

MONTHLY MEETING: Every 3rd Saturday of the month.

NEXT HOST COUPLE: Scheduled in advance for the year.

POTLUCK DINNER: Host Couple coordinates with all the other couples.

FORMAT

6:30 - 7:00 pm Appetizers and Schmoozing

7:00 - 8:00 pm Pot Luck Dinner

8:00 - 9:30 pm Meeting

- 1) Open with the Serenity Prayer
- 2) Read the Preamble
- 3) Read the 12 Traditions - Ask for volunteer
- 4) Read the "Rules of Conduct"
- 5) Lead Couple share 9 - 10 minutes
each on a subject they have mutually
chosen:
 - *a step
 - *a topic
 - *a slogan
- 6) Couples share -- 5 minutes per person.
- 7) Read the "Promises"
- 8) ***Cherish/Appreciation:*** Each person relates one thing
he/she cherishes/appreciates about his/her partner.
- 9) Close with choice of prayer

THE PROMISES

If we are honest about our commitment and painstaking in working the 12 steps together, we will be amazed how quickly our love returns. We are going to know a new freedom and a new happiness. We will learn how to play and have fun together. As we experience mutual forgiveness we will not regret the past nor wish to shut the door on it. Trust in each other will return. We will comprehend the word serenity and we will know peace.

No matter how close to brokenness we have come, we will see how our experiences can benefit others. That feeling of uselessness, shame, and self-pity will disappear. We will lose interest in selfish things and gain interest in our partner, families, and others. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will be better partners, workers, helpers, and friends. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

For those of you who are new to our fellowship, there are no problems that you have experienced that are not common to many of us.

Just as our love for our partners has been imperfect, we may not always be adequately able to express the deep love and acceptance we feel for you. Keep coming back, the process of loving and communication grows in us and with each other...one day at a time.

Remember always, that what is said here, stays here.

PREAMBLE

Ours is a fellowship of recovering couples. We suffer from many different addictions and we share our experience, strength, and hope with each other that we may solve our common problems and help other couples to restore their relationships. The only requirement for membership is a desire to remain committed to each other and to develop new intimacy. There are no dues or fees for membership. We are self-supporting through our own contributions. We are not allied with any organization. We do not wish to engage in any controversy, endorse or oppose any causes. Although there is no organizational affiliation between Alcoholics Anonymous and our fellowship, we are based on the principles of A.A. Our primary purpose is to stay committed in loving and committed relationships and to help other couples achieve freedom from addicted and destructive relationships.

11/21/05

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12 Traditions for Marriage

"The Primary Purpose of Marriage is to express God's love."

- 1) Our common welfare should come first. A healthy relationship depends upon unity.
- 2) For our purpose, there is but one authority -- a loving God as He expresses Himself in our conscience. Each partner is God's trusted servant --- neither governs.
- 3) The basic requirement for a good relationship is a mutual desire to make it work.
- 4) Each partner should be autonomous except in matters affecting the other partner, the family, or society as a whole.
- 5) Each marriage has but one primary purpose -- to serve as an expression of God's love.
- 6) A partner ought not be overly supportive-- spiritually, emotionally, or physically -- to the relationship, lest problems of ego gratification divert him or her from his/her primary purpose.
- 7) Each partner ought to strive to be fully self-supporting -- spiritually, emotionally, and physically.
- 8) The relationship should remain forever a free, giving one -- one to the other.
- 9) A family relationship should avoid heated controversy.
- 10) A family should be pliable in its organization, but a family conscience may appoint a certain person responsible to serve various functions.
- 11) Each partner best conveys his or her beliefs and philosophy by attraction rather than promotion. Anonymity is a valuable asset to the relationship.
- 12) Selflessness is a spiritual foundation of our way of life as partners, ever reminding us to place principles above personalities, and the principle is unselfishness.

**RECOVERING COUPLES MEETING
RULES OF CONDUCT**

During our meeting, we ask that each person strive to observe the following general rules of conduct.

- 1) No self-righteous statements.
- 2) No baiting or button pushing statements.
- 3) No case building statements.
- 4) No taking or sharing of another's inventory.
- 5) No self put-downs.
- 6) Each person should take ownership of his/her story.
- 7) Give credit to self when due for progress/work in recovery.
- 8) Avoid self-pity.

It is important for us to act and speak respectfully to our partners and others. To do this is to value the group and each person in it. Thus we will nurture our relationships.

Recovering Couples Anonymous

SUGGESTED CRITERIA FOR COUPLES

- 1) Couple must be married.
 - 2) Both should have a sincere desire to stay together.
 - 3) Both should be actively involved in a Twelve-Step program.
 - 4) When first invited to join the Group, the couple commits to attending each of the next three meetings.
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GROUP CONSCIENCE DECISIONS

- 1) Meeting time (3rd Saturday, 6:30pm) to be adhered to unless there is a group conscience to change the format.
- 2) Suggest that couples who are unable to attend give the host couple at least 24 hours notice.
- 3) In the future, if any new prospective couple misses the first three meetings in succession, then their name will go back on the potential new member's list maintained by the secretary.
- 4) Procedure for adding new members to the group: a potential new couple would be mentioned to the group so everyone is aware of who is being added to the waiting list.
- 5) A maximum of 9 couples can be part of the group at one time (excluding Renee and Jerry as they are lifetime members). Re-voted and passed 9/17/05)
- 6) An annual meeting schedule will be created by the secretary. If the assigned couple cannot host, it will be their responsibility to find another couple to host the meeting (this change should be reported to the secretary).
- 7) It's ok for one spouse to attend the meeting if the other one is unable to be there.

Note: At 3/19/05 meeting vote was taken to increase the amount of couples and change format of meeting. Both were rejected.

11/21/05

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12 Traditions For Relationship

1. **Our common welfare should come first. A healthy relationship depends upon unity.**
2. **For our family purpose, there is but one authority -- a loving God as he expresses himself in our family conscience. Each partner is God's trusted servant. Neither governs.**
3. **The basic requirement for a good marriage or relationship is a mutual desire to make it work.**
4. **Each partner should be autonomous except in matters affecting the other partner, the family, or society as a whole.**
5. **Each marriage or relationship has but one primary purpose -- to serve as an expression of God's love.**
6. **A partner ought not to be overly supportive spiritually, emotionally, and physically to the marriage or relationship lest problems of ego gratification divert him or her from the primary purpose.**
7. **Each partner ought to strive to be fully self-supporting--spiritually, emotionally, and physically.**
8. **The marriage or relationship should remain forever a free, giving relationship one to the other.**
9. **A family or relationship should be pliable in its organization but our group conscience may appoint certain persons responsible to serve various functions.**
10. **The family ought to not let outside issues and public controversy destroy its relationship.**
11. **Each partner best conveys his or her beliefs and philosophies by attraction rather than promotion.**
12. **Anonymity is a valuable asset to the marriage or relationship. Selflessness is the spiritual foundation of our way of life as marriage partners or friends ever reminding us to place principles before personalities.**