

**PLEASE READ BEFORE EACH MEETING. THE HOST CAN SHARE THIS DOCUMENT USING THE “SHARE SCREEN” OPTION.**

**“Before we start let’s go over a few tips on virtual meeting best practices and anonymity.**

- Please be sure you are in a private, quiet space. It is the responsibility of each member to maintain their personal anonymity and protect other’s anonymity when participating in virtual Al-Anon meetings and providing a safe and distraction free environment to share in.**
- Our members need to feel safe when they share. So, when you use the Zoom platform, we recommend you identify yourself with your first name. We believe it is always better if you can use a camera. We welcome all, but be aware that malicious intruders can be a problem and our meeting hosts may remove you from the meeting if your identity is in question.**
- To rename yourself, click or tap on “Participants”, then your name, and choose “Rename.” Enter your first name and last initial (only) to protect your anonymity.**
- Please be mindful of your video, we recommend that you remain seated and keep the camera stationary to avoid distracting our speakers. If you must move around or go to a different room, please turn off your video before doing so or leave your device behind while you are gone. If your video becomes disruptive, a Host will turn it off for you. If this happens to you, please send a chat message to any host or co-host when you are ready to have your video turned back on.**

**Now I will turn the meeting over to our Chairperson.”**

**Prep: Chairperson will ask for volunteers to read the Steps, Traditions, and Statement of Sharing (one person for each handout).**

**1. Hi, my name is \_\_\_\_\_ and I will be your chairperson for tonight. Let us start this meeting with a moment of silence followed by the Serenity Prayer.**

**Prayer:**                    *God, grant me the serenity,  
   to accept the things I cannot change,  
   the courage to change the things I can,  
   and the wisdom to know the difference.*

**2. Al-anon Statement of Purpose:**

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.

### 3. Opening

We welcome you to the \_\_\_\_\_ **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 suggested Twelve Steps of 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. The group conscience has requested that people please not dwell on religion, the past or the behavior of our qualifier. We thank you for focusing on staying in the solution and sharing your experience, strength and hope as it relates to the family disease of alcoholism.

**At this point, we will read the 12 steps, the 12 traditions, and the Al-anon Statement of Sharing.**

## 4. The Twelve Steps

Study of these Steps is essential to progress in the Al-Anon program. The principles they embody are universal, applicable to everyone, whatever your 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.

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

## 5. 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.

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 as 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.

## Statement of Sharing:

- In this meeting, we want to encourage open-sharing by giving our full and courteous attention to the person who is speaking.
- We prefer not to crosstalk. Crosstalk means interrupting, questioning, or making comments about other people's statements. We do this to create a safe place to share so that we all can feel free to grow and recover.
- We learn to listen to others in a non-judgmental way.
- We speak about our own experience, strength and hope, using the word "I".
- We learn about and experience our feelings.
- We accept, without comment, what others say because it is true for them.
- Here we work toward more responsibility in our own lives rather than giving advice to others.
- We strongly suggest that responses or discussion take place after the meeting.
- We ask those of you who belong to other organizations outside of Alanon to confine your sharing to your Alanon recovery.

Thank you!

### **6. ANNOUNCEMENTS:**

- Ask if anyone in the group has any al-anon related announcements to share.

### **7. INTRODUCTIONS:**

Chairperson: Go around the group and have people introduce themselves by their first name only.

### **8. FORMAT OF THE MEETING:**

- The format is up to the Chairperson of each specific meeting.
  - You can pick a reading or two and have everyone share on those specific readings.
  - Or you can have each person read a page and have them share on their specific page.
- If there is time at the end of the meeting, you can have everyone share a gratitude.

## **9. 7<sup>TH</sup> TRADITION:**

We have no dues or fees, but we do pay rent and we purchase literature (pass the basket).

**Copy and paste this in the chat box and share with the group:**

- 7<sup>th</sup> tradition donations can be made at <http://miafg.org/contact-us#donate>

## **10. 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 of you 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 are not perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you will 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 the following prayer (Al-anon declaration, Serenity Prayer, or the Lord's Prayer).**