



PIPELINE

Our Three Legacies: Steps, Traditions and Concepts. The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They are also a framework within which the groups can carry on their affairs in harmony.

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Know someone who could use a copy of the Pipeline? Ask them to send an email to Pipeline170@gmail.com to get on the list.

Who's Who



These are the trusted servants serving District 170 and their contact information:

District Representative: Larry (Acting)
Telephone: 561-452-8998

Alternate District Representative: **OPEN**

Secretary: Lisa
Telephone: 561-716-0082

Treasurer: Diana
Telephone: 561-727-4473

AI SL: Luci
(Al-Anon Information Service Liaison)
Telephone: 201-913-8543

Al-Ateen: Agnee
Telephone: 832-754-8626

Archivist: Kathy
Email: 561-665-0721

Group Records: Keith
Telephone: 843-455-1902

Institutions: **OPEN**

Literature: Larry (Acting)
Telephone: 561-452-8998

Pipeline: Rhonni
Telephone: 561-703-9358

Public Outreach: **OPEN**

Speaker List: Michele
Telephone: 561-577-3211

Sunshine Fund: Cathy
Telephone: 561-670-5354

Telephone Answering Service: Kathy
Telephone: 305-333-9390

Webmaster: Jill
Telephone: 561-213-7478

Where and When: Keith
Telephone: 843-455-1902

Events/Committees: Gail
Telephone: 305-978-1879

Thank you for your service!

Our district is looking for people to add the speaker's list. If you can share your experience, strength and hope as a speaker with Al-Anon groups in our area. Please email your information name, phone, email, & special instructions, to Michelle B. at thebrills@bellsouth.net

NEW HORIZONS OF HOPE

FRIDAY, AUGUST 18 – SUNDAY, AUGUST 20
33RD ANNUAL AFG FLORIDA SOUTH AREA 10
CONVENTION

HYATT REGENCY COCONUT POINT RESORT AND SPA

5001 COCONUT ROAD, BONITA SPRINGS, FL 34134

For registration information and more, go to the Area 10 website by clicking on the image above.

Convention 2023 Entertainment Committee

Meeting, February 11, 2023
after District Meeting

Convention Theme: New Horizons of Hope

Contact Kathy B for location of meeting
305-333-9390



The 2023 International Convention will be held on
June 29 – July 2, 2023

at the Albuquerque Convention Center in Albuquerque, NM

For registration information and more, go to the WSO International Convention website by clicking on the image above.

Steps

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 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 become 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.



Conference Approved Literature (CAL) is important to have at all meetings. The Literature Distribution Center (LDC) located at the Crossroads Clubhouse (1700 Lake Ida Road, Delray Beach) is open on Tuesdays between 5:00 p.m. and 7:00 p.m. (except holidays). Or contact Larry at lablyosel99@yahoo.com

Feeling Trapped?
Broken Promises?
Scared to Go Home?

Are you a **teenager**
affected by
someone else's DRINKING?

Alateen can help!

Alateen meetings are a safe place for teens to help each other by sharing their experience, strength and hope. Teens run the meetings with adult sponsors on hand as a resource. If you're hurting because of a friend or family member's drinking or drugging, *Alateen* can help.

Try a meeting and decide for yourself!

Alateen Meeting Tuesdays 7pm



The Crossroads Club
1700 Lake Ida Rd - Room E
Delray Beach, FL 33445



Upcoming Events

Join us to Celebrate

Saturday Morning Serenity 37th Anniversary

Saturday, February 18, 2023

9:30 am - Beginners Meeting
10:30 am - Regular Meeting

Anniversary Potluck following
the regular meeting

Please bring a dish to share & spread the word.

First Congregational Church,
1415 N. "K" St, Lake Worth, FL 33460

Speakers, Delectables, & Fellowship

February 2023

February 25-26, 2023

Winter AWSC

Marriott Coral Springs Hotel &

Convention Center – Heron Bay

11775 Heron Bay Blvd, Coral Springs, FL 33076

June 2023

June 2-4, 2023

Spring Assembly

Marriott Coral Springs Hotel &

Convention Center – Heron Bay

11775 Heron Bay Blvd, Coral Springs, FL 33076

June 29 - July 2, 2023

2023 Al-Anon International Convention

Albuquerque Convention Center,

Albuquerque, NM

July 2023

July 21-23, 2023

Summer AWSC

Marriott Coral Springs Hotel &

Convention Center – Heron Bay

11775 Heron Bay Blvd, Coral Springs, FL 33076

August 2023

August 18-20, 2023

33rd Florida South Area 10 Convention

with AA Participation

Hyatt Regency Coconut Point

5001 Coconut Road, Bonita Springs, Florida,

United States, 34134

October 2023

October 20 – 22, 2023

Fall Election Assembly

Marriott Coral Springs Hotel &

Convention Center – Heron Bay

11775 Heron Bay Blvd, Coral Springs, FL 33076

West Boca Lost and Found AFG

Join us in celebrating our

40th Anniversary!

Al-Anon and AA speakers
Refreshments

Tuesday, February 28, 2023
7:30 p.m.

Glades Presbyterian Church
21121 Judge Winikoff Road
Boca Raton, FL 33428

Writing as an Act of Service

One of the ways the family disease of alcoholism shows up in my life is that, if I'm not paying attention, I can find myself ruminating. I get stuck on a hamster wheel of compulsive thinking, trying to come up with the perfect plan of action on my own before I share with anyone else what I am going through.

My recovery in Al-Anon shows me that this is backwards. It's only when I get those often-distorted thoughts out of my head—by talking to my Sponsor or another Al-Anon member, sharing in a meeting, or getting them down in writing—that clarity emerges. As I write about my problem, I identify my feelings. Tools and slogans come to mind. Al-Anon's spiritual principles begin to resonate and illuminate the next steps along my path.

In the same way that sharing in a meeting is an act of service that helps both me and those who hear me, sharing my recovery in writing is also an act of service that helps me, whether it gets published or not. But sharings submitted to The Forum have a better chance of being published when they meet some basic criteria. A written sharing should:

- Be about and from the Al-Anon perspective—how the writer was affected by another's alcoholism and how Al-Anon helped.

- Speak from the member's own experience rather than giving advice or teaching.

- Focus on one thing, such as how a member applied a slogan to a particular situation, how an Al-Anon principle helped improve a relationship, or how the program brought freedom from a particular self-defeating attitude or habit, etc.

The Forum also needs sharings that:

- Focus on one of the Twelve Steps, Traditions, or (especially!) Concepts of Service applied to personal life.

- Represent the experience of minority members, for example, sharings from men, from members in countries outside the US, from members in the LGBTQIA+ community, etc.

The most important thing, though, is that members share from their hearts. Member sharings are needed and are received with respect and gratitude as acts of service to our fellowship. You can download a detailed Writing Guideline for The Forum, check out all our writing guides, and send your sharing.

By Carol C., Magazine Editor

The Forum, June 2022

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Traditions

1. Our common welfare should come first; personal progress for the greatest number depends on 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 co-operate 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.

Concepts of Service

1. The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.
2. The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.
3. The right of decision makes effective leadership possible.
4. Participation is the key to harmony.
5. The rights of appeal and petition protect minorities and insure that they be heard.
6. The Conference acknowledges the primary administrative responsibility of the Trustees.
7. The Trustees have legal rights while the rights of the Conference are traditional.
8. The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.
9. Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.
10. Service responsibility is balanced by carefully defined service authority and double-headed management is avoided. (128)
11. The World Service Office is composed of selected committees, executives and staff members.
12. The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

Service Opportunities

Telephone Answering Services needs a couple more volunteers. If interested, please contact Kathy B. at 305-333-9390.

Our Public Outreach committee is in need of a new Chair and volunteers to help out. If interested, please contact Rick A. at 561-414-4423.

The Institutions committee is in need of a Chair. For information, please contact Luci at 201-913-8543.

Check with your group(s) for any positions that need to be filled.

DISTRICT 170 BUSINESS MEETING

February 11, 2023, 10:00 a.m.

All Al-Anon Members are encouraged to attend
Unity Church (Fellowship Hall)
101 NW 22nd Street
Delray Beach, FL 33444



THE TWELVE STEPS

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.

THE TWELVE TRADITIONS

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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.
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12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

ANONYMITY

Whom you see here, What you hear here, When you leave here, Let it stay here.

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.

DISTRICT 170 BUSINESS MEETING

2nd Saturday Each Month 10:00 AM

All Al-Anon Members

are encouraged to attend

Unity Church (Fellowship Hall)

101 NW 22nd Street

Delray Beach, FL 33444

LITERATURE DISTRIBUTION CENTER

Crossroads Club (LDC Room)

1700 Lake Ida Rd

Delray Beach 33445

Email: labeiyose199@yahoo.com

5:00PM – 7:00PM Tuesdays

EXCEPT HOLIDAYS

ALATEEN

Al-anon.org/teen-info

1-888-4AL-ANON

Agnee 832-754-8626 (local contact)

ONLINE SITES

Al-Anon Family Group

Headquarters, Inc.

MORE MEETINGS AVAILABLE WORLDWIDE

al-anon.org

Florida South Area 10

southfloridaal-anon.org

Al-Anon Official YouTube Channel

<https://www.youtube.com/channel/UCRP2-e3CnVpa-Vg5Praa9Vw>

ARE YOU AFFECTED BY SOMONE'S DRINKING?

AL-ANON & ALATEEN FAMILY GROUPS

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.

DISTRICT 170

Lake Worth Road – Boca Raton
PO Box 928, Boynton Beach, Florida 33425

WHERE & WHEN

Meeting Schedule

REVISION 01/20/2023

Check online for latest meeting information

southpalmbeachafg.org

Electronic/Phone Meetings Available

561-278-3481

24 hours – 7 days a week

YOU ARE NOT ALONE

WORLDWIDE MEETINGS

al-anon.org/al-anon-meetings/

1-800-344-2666



NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC

Families and friends are suffering too.

Do you worry about how much someone drinks?

Al-Anon and Alateen can help.


Al-Anon Family Groups
Help and hope for families and friends of alcoholics

Find a Local AL-ANON Meeting
Virtual (Zoom), Telephone, & In-Person Meetings
(561) 278-3481
SouthPalmBeachAFG.org
Beginners Zoom Meeting Every Monday 7pm EST

1-888-4AL-ANON • AL-ANON.ORG

MEETING CODES:
+ Families & Friends Only
++ Families, Friends & Observers Welcome
w/c Wheelchair Access
E Electronic Online Meeting

MONDAY

Fresh Start AFG ++ E
ZOOM Meeting ID: 851 3763 3453
Password: 880208
Or Dial 1-646-558-8656
2:00 PM – Regular Meeting

Beginners Meeting ++ E
ZOOM Meeting ID: 837 3059 6643
Password: 021146
Or Dial 1-929-205-6099
7:00 PM – Beginners (Open to all)

Courage to Change ++ w/c
Beachcomber Outpatient
(Children Under 10 discouraged)
115 E Woolbright Rd
Boynton Beach
6:30 PM - Regular Meeting

TUESDAY

Tues Morning Serenity + w/c
St. Mark Church
St. Francis Center (St Clare Room)
643 St. Mark Pl
Boynton Beach
10:00 AM - Regular Meeting

Boca Keep in Step + w/c
Our Lady of Lourdes Church
(Upstairs)
22094 Lyons Rd
Boca Raton
7:00 PM - Regular Meeting

Hope For Today ++ w/c
Crossroads Club (Board Room)
1700 Lake Ida Rd
Delray Beach
7:00 PM - Adult Child Focus
Regular Meeting

ALATEEN Meeting (Name TBD)
Crossroads Club
1700 Lake Ida Rd
Delray Beach
7:00 PM – ALATEEN

Open Step Study ++ w/c

Unity Church of Delray
(Fellowship Hall)
101 NW 22 St
Delray Beach
7:00 PM – Step Meeting

West Boca Lost & Found ++ w/c
Glades Presbyterian Church
21121 Judge Winikoff Rd
Boca Raton
7:30 PM – Regular Meeting

WEDNESDAY

Men's Wednesday Night ++ E
ZOOM Meeting ID: 383 519 685
Password: 803178
Or Dial 1-646-876-9923

*****ONLY TEMP ZOOM**
Temple Sinai (Classroom)
2475 W Atlantic Ave
Delray Beach
7:30PM – Regular Meeting

Highland Beach AFG + w/c
St. Lucy Catholic Church
(Rear Building)
3510 S Ocean Blvd
Highland Beach
10:30 AM – Regular Meeting

Wed Morning Serenity ++ w/c
Lake Osborne Presbyterian Church
2102 6th Ave. S
Lake Worth
10:30 AM – Regular Meeting

Wednesday Back to Life ++ w/c
Crossroads Club (Board Room)
1700 Lake Ida Road
Delray Beach
12:30 PM – Regular Meeting

Live and Let Live AFG ++
Boca Pines Club
9910 Sandalfoot Blvd
Boca Raton
4:00 PM – Regular Meeting

Alegria de Vivir +
(Spanish Speaking)
250 NE 20th Street, Apt 3
Boca Raton
7:00PM – Adult Child Focus

Delray Women's Healing Through Surrender++
Temple Sinai (Classroom 107)
2475 W Atlantic Ave
Delray Beach
7:00PM – Regular Meeting

THURSDAY

Thankful Thursday ++ E
ZOOM Meeting ID: 84626189953
Password: thankful
Or Dial 1-845-216-9077
9:00AM – Beginners Meeting
10:00AM – Regular Meeting

Thursday Morning AFG + w/c
Boca Raton Swim & Racquet Club
21618 St. Andrews Blvd
Boca Raton
10:00 AM – Regular Meeting

Boynton West + w/c
St Mark Church
St Francis Center (St Clare Room)
643 St Mark Pl
Boynton Beach
7:00 PM – Beginners Meeting
7:30 PM – Regular Meeting

Parents Sunshine ++
First United Methodist Church (2nd Floor)
625 NE Mizner Blvd
Boca Raton
6:30 PM – Beginners Meeting
7:00 PM – Regular Meeting

FRIDAY

Friday Serenity ++ w/c E
ZOOM Meeting ID: 825 1136 4927
Password: serenity
10:00 AM – Regular Meeting

Friday Night Men's Fellowship ++ w/c E
Boca Community Center
(Queen Palm West Rm)
150 Crawford Blvd
Boca Raton
ZOOM Meeting ID: 816 8229 4108
No Password
7:30 PM – Regular Meeting ZOOM & In-Person

Camino AFG ++ w/c
Grace Community Church
(Park in Back, 2nd Floor, Teen Room)
600 W Camino Real Rd
Boca Raton
10:00 AM – Regular Meeting

Friday Hope AFG ++ w/c
Boca Community Center
(Queen Palm West Rm)
150 Crawford Blvd.
Boca Raton
12:30 PM – Regular Meeting

SATURDAY

Focus on Us + E
ZOOM Meeting ID: 853 7786 1972
Password: 842842
9:00 AM – Beginners Meeting
10:00AM – Regular Meeting

Boca Serenity AFG + w/c
St. Joan of Arc
(2nd Floor Across from AA Room)
370 SW 3rd St
Boca Raton
9:00 AM – Beginners Meeting
10:00 AM – Regular Meeting

New Beginnings AFG + w/c
****BEGINNING 02/11/23 NEW TIME 10:30AM****
Temple Sinai (Classroom 107)
2475 W Atlantic Ave
Delray Beach
10:00 AM – Regular Meeting

Saturday Morning Serenity ++w/c E
First Congregational Church
1415 North K Street
Lake Worth
9:30 AM – Beginners Meeting In-Person
10:30 AM – Reg Meeting In-Person
10:30 AM – Separate ZOOM Meeting
ID: 848 7939 4282 Password: 552501

SUNDAY

Life is Good Sunday AFG ++ E
ZOOM Meeting ID: 844 2638 4236
Password: sunday
or Dial 1-877-369-0926
9:30 AM – Regular Meeting

Easy Does It AFG ++
Unitarian Universalist Church (Parking &
Entrance to Room in Back)
2601 St. Andrews Blvd
Boca Raton
10:00 AM – Regular Meeting

Serenity Step & Study + w/c
Common Ground Church
1201 So. Federal Hwy
Lake Worth
7:00 PM – Regular Meeting

Grupo Libertad de Al-Anon + E
(Spanish Speaking)
ZOOM Meeting ID: 869 7709 4653
Password: 630633
Or Dial 1-929-205-6099
8:30 AM – Regular Meeting

Meeting Changes

Al-Ateen meeting, Crossroads
Tuesdays @ 7:00 p.m.
Only active meeting at this time

Temple Sinai New Beginnings AFG
Saturday @ 10:30 a.m.
Time change only; starting 2/11/2023

Temple Sinai Men's
Wednesday Night AFG
Wednesday @ 7:30 p.m.
Temporary ZOOM Only;
Meeting ID #: 385 519 685
Password: 803178
Change from hybrid to ZOOM

Group Inventory

Taking a periodic group inventory helps to keep your group healthy and invigorated. Members can use the inventory to discuss what actions have been beneficial to group and personal growth, and what actions need to be updated, discontinued, or improved. Discussions during or following an inventory can include ideas for new service opportunities, ideas for reaching out to potential members, and resolutions for major or minor concerns before the group's unity is disrupted. "The harmony and success of each group depends on shared responsibility, a warm spirit of fellowship, and individual self-improvement." (Al-Anon and Alateen Groups at Work [P24], Introduction)

The next few pages are guidelines to conduct a group inventory.

Al-Anon guidelines

The Shared Experience of Al-Anon and Alateen Members.

Taking a Group Inventory

G-8a

Taking a periodic group inventory helps to keep your group healthy and invigorated. Members can use the inventory to discuss what actions have been beneficial to group and personal growth, and what actions need to be updated, discontinued, or improved. Discussions during or following an inventory can include ideas for new service opportunities, ideas for reaching out to potential members, and resolutions for major or minor concerns before the group's unity is disrupted. "The harmony and success of each group depends on shared responsibility, a warm spirit of fellowship, and individual self-improvement."(Al-Anon and Alateen Groups at Work [P24], Introduction)

Please see G-8b for "Methods and Reflections" pages.

My view of our Al-Anon or Alateen group

- Does the group abide by the Traditions in all of its affairs?
- Do we criticize others in the group or gossip about them?
- Are group business meetings held at regular intervals?
- Are group business meetings conducted in a manner that members feel safe to share opinions?
- Are members pressured by dominant members to accept their ideas?
- Does our group have a process for the minority voice to be heard even after we've made a decision?
- Do members purposely reveal their length of time in Al-Anon or Alateen to gain credibility during group discussions?
- Are we forming cliques or being indifferent to other members of the group?
- Is the group process adequate for informing members about local, Area, and worldwide Al-Anon/Alateen events and concerns?
- Does our group undertake service projects on its own or in conjunction with the district, Al-Anon Information Service, or Area?
- Is our group active and supportive at the district and Area levels? Do we send representatives and financial contributions to the district, the Al-Anon Information Service (AIS), and Area as well as to the World Service Office (WSO)?
- Are there ways in which the group is not fully self-supporting?
- How does the group show its support for Alateen? Is Alateen literature available?
- Are several eligible Al-Anon members certified to be of service to Alateen if a local group needs help?
- Do we have a literature display of Conference Approved Literature (CAL)? Do we regularly reorder CAL? Do we have a group lending library?

- Does our group process for selecting a Chairperson/Leader for the weekly meetings encourage members to volunteer to serve? Are the Chairpersons/Leaders prepared?
- Do all members have an opportunity to participate in service to the group?
- Is there rotation of leadership in the group?
- Does the group have a process for handling problems? If so, are members aware of the process?

My view of our Al-Anon or Alateen weekly meetings

- Is the meeting location convenient, safe, and welcoming?
- Do members arrive early to welcome newcomers and visiting members?
- Is Al-Anon's principle of anonymity explained when newcomers or visitors are present? Do we emphasize the importance of not repeating who we see and what we hear at the meeting?
- Does the meeting follow the "Suggested Meeting Format Outline" in *Al-Anon and Alateen Groups at Work* (P-24)?
- Is there a Chairperson scheduled for each week?
- Are our meetings fresh, interesting, and helpful?
- Do we encourage everyone to participate in the discussions by sharing and listening?
- Do we refrain from giving advice?
- Are our meeting topics Al-Anon related?
- Do we make good use of our Conference Approved Literature (CAL) and *The Forum* for themes and topics for meetings?
- Do we stick to the subject of the meeting or wander off on tangents?
- Are we easily diverted from the topic in order to focus on a member's problem?
- Do we avoid discussions of the alcoholic and his/her shortcomings?

- Is the group's copy of the *Al-Anon/Alateen Service Manual* available for members to use?
- Does the meeting format allow time for reports from group officers?
- Do we make an effort to give a warm welcome to newcomers?
- Do we welcome everyone to our meeting regardless of age, gender, appearance, etc.?
- Are teenagers welcomed at our meeting?
- Are newcomers encouraged to share? Do we read the "Three Obstacles to Success in Al-Anon" and explain what is appropriate to share in a meeting?
- Are newcomers given at least one member's telephone number, a schedule of meetings, and some Al-Anon/Alateen literature?
- Do we let newcomers know what sponsorship is and how to obtain a Sponsor?

Additional for Alateens

- Do we take responsibility for the meeting or do we leave everything to the Alateen Group Sponsors?
 - Do we show respect for others at the facility where our meeting is held?
 - Is the group an attraction to Al-Anon members and others to bring their children to Alateen?
 - Do we remember that the Alateen Group Sponsors are volunteers who are being of service to the group?
 - Do we ask Al-Anon groups to support our group by providing certified Al-Anon Members Involved in Alateen Service when our Alateen Group Sponsors are not able to serve?
 - Do we hold an annual open meeting and notify local Al-Anon groups?
-
-

Additional for Alateen Group Sponsors

- Do we arrive at the meeting before the Alateens and leave after they do?
 - Do we encourage the Alateens to take responsibility for their meeting?
 - Do we keep everything that is said at the meeting confidential, even when parents ask questions?
 - Do we encourage the group to use Alateen literature including *Alateen Talk* and *The Forum*?
 - Do we suggest an occasional writing meeting so the group members can submit sharings to *Alateen Talk* and *The Forum*?
 - Are we familiar with the *Alateen Safety Guidelines (G-34)* and our Area's Alateen Requirements?
 - Do we have an emergency plan if something unexpected happens at the meeting or an Alateen Group Sponsor is delayed?
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Do I keep the focus on Al-Anon and my own recovery when I share?

My part as a member of the Al-Anon or Alateen group

- Do I attend the meetings regularly?
- Do I usually arrive a few minutes early and/or stay a few minutes after the meeting to help setup or put away tables, chairs, literature, or refreshments, and to welcome newcomers?
- Do I periodically volunteer to chair/lead a meeting?
- Do I attend steering or business meetings and offer ideas for improvement?
- Can I accept disagreement and differing points of view good-naturedly?
- Do I keep the focus on Al-Anon by maintaining my anonymity if I am also a member of another recovery program?
- Do I volunteer for, or willingly accept, a group office for which I am eligible, such as: Secretary, Chairperson, Program Chairperson, Treasurer, or Group Representative?
- Do I understand that private, personal circumstances compel some members to limit their service to the group?
- Do I criticize others in the group or gossip about them?
- Do I criticize or gossip about other groups?
- Do I ever repeat anything personal I have heard at meetings or from another member outside of the meeting?
- Do I communicate with other members for my personal recovery and to help others, rather than to complain and gossip?
- Do I welcome new members, talk with them, suggest pieces of Al-Anon/Alateen literature, and offer my phone number or the group's telephone list and local meeting schedule?
- Do I volunteer to sponsor newcomers? Am I presently sponsoring another member?
- Do I read Al-Anon/Alateen literature every day, and apply the principles to my daily life? Do I let the group know which pieces of Conference Approved Literature (CAL) are particularly helpful as part of my sharing at meetings?
- Do I keep the focus on Al-Anon and my own recovery when I share?
- Do I interrupt or carry on a conversation while another member is speaking?
- Do I listen carefully to the speakers, the Chairperson, and other group members?
- Do I avoid giving advice to members?
- Do I try to make the fellowship known to others who need help? Do I participate in group service projects?
- When group problems arise, do I focus on the problem or the solution?
- Am I willing to support the group conscience even when I disagree with the outcome?
- Do I show interest in the group officers' reports?

Al-Anon guidelines

The Shared Experience of Al-Anon and Alateen Members.

Taking a Group Inventory

G-8b

Methods and Reflections

Methods for taking an inventory

Each group is encouraged to develop its own procedure for taking an inventory. It can be done at one time or over a period of time. Some groups decide to hold a special meeting before or after the regular meeting, other groups use the inventory as a meeting topic once a year. Groups can ask the District Representative or an Area officer to facilitate the inventory meeting. Regardless of the method, experience shows that the group benefits most by allowing time to openly discuss the responses, comments, and suggestions. Most members find that the answers to any questions that arise can be solved by application of the Twelve Traditions as well as by using the Al-Anon/Alateen Service Manual (P-24/27).

Here are some suggested methods for using the guideline:

1. Use the inventory questions for group discussion. In some groups the Chairperson or another trusted servant asks one question per meeting as part of the group format.
2. Distribute the forms to members at the beginning of the meeting. The Chairperson or Secretary collects the completed forms and uses the answers for a group discussion.
3. The Chairperson provides a note pad to each member. The Chairperson reads a question and encourages members to share more than just “yes” or “no” and to write down their comments.
Pass a basket to collect the pages. Pass the basket again having each individual take out a page randomly and read the answer. (This method usually generates more honesty because of the anonymity.)
4. Give a copy of the inventory to each member and ask that they fill it out and bring it back the following week. At the next meeting have the Chairperson read a question and have others read their responses.



Additional thoughts on my view of our Al-Anon or Alateen group:

Additional thoughts on my view of our weekly Al-Anon or Alateen meeting:

Additional thoughts on my part as a member of the group:

Now that I have participated in taking a group inventory, I plan to take the following action(s):

Additional resources for groups:

- Groups at Work* booklet (P-24)
- Al-Anon/Alateen Service Manual* (P-24/27)
- Al-Anon Spoken Here* (P-53)
- Information for the Newcomer* (S-4)
- Anonymity* (P-65)
- Alateen Talk*
- The Forum* magazine