

WEEK # 1

PASS OUT PAMPHLET “PURPOSE AND SUGGESTIONS”- ALL TURN TO PAGE 2.

SHARE: “THERE IS AN IMPACT OF THE FAMILY DISEASE OF ALCOHOLISM ON THOSE CLOSE TO AN ALCOHOLIC. WE ARE NOT HERE TO TALK ABOUT THE ALCOHOLIC, BUT RATHER TO FOCUS ON OUR OWN RECOVERY.

USING THE PAMPHLET, BRIEFLY SUMMARIZE WHAT AL-ANON IS AND AL-ANON’S PURPOSE BY READING A FEW KEY HIGHLIGHTED PHRASES ON PAGE 2 OF THE PAMPHLET.

BRIEFLY IN YOUR OWN WORDS: WHAT NEWCOMERS CAN EXPECT AT MEETINGS AND WHAT ALANON IS: Members attend one hour meetings on topics and solutions of recovery related to the Al-Anon Twelve Steps, Twelve Traditions, Twelve Concepts, Slogans, Service work, Serenity Prayer, and Al-Anon principles. A Chairperson leads the meeting and members volunteer to share keeping the focus on themselves, not the alcoholic. Only CAL (conference approved literature) of books, pamphlets and The Forum are used in meetings and sharing and can also be purchased. Al-Anon is a non-professional, mutual support program, with no experts or counselors, no advice being given and no crosstalk (explain). Members of other 12 step programs do not reveal this at meetings as the focus is Al-Anon. A Sponsor is used to discuss specific details and issues you may have. We do not gossip. Al-Anon is a spiritual program with no discussion of specific religious beliefs or practices. Anonymity is an important principle, everything said in meetings and member to member is held in confidence using first names only.

ASK NEWCOMERS TO SHARE - WHAT HAS BROUGHT THEM TO AL-ANON:

CHAIR AND ATTENDING MEMBERS MAY BRIEFLY SHARE THE SAME, IF TIME.

INTRODUCE THE TWELVE STEPS BY READING SUGGESTED AL-ANON PREAMBLE TO THE TWELVE STEPS: ALL TURN TO PAGE 4 IN “PURPOSE AND SUGGESTIONS” PAMPHLET TO FOLLOW ALONG WHILE IT IS READ BY CHAIR, NEWCOMER OR ATTENDING MEMBER.

ASK NEWCOMERS TO TURN TO TWELVE STEPS ON FOLLOWING PAGE 5 IN PAMPHLET:

HAVE THE TWELVE STEPS READ: HELPFUL TO HAVE NEWCOMERS TAKE TURNS READING THE TWELVE STEPS.

REREAD STEP ONE:

EMPHASIZE WE ARE NOT RESPONSIBLE FOR THE ALCOHOLIC’S BEHAVIOR. SHARE THE 3 C’S - WE DIDN’T CAUSE IT, WE CAN’T CONTROL IT, WE CAN’T CURE IT.

ASK NEWCOMERS TO SHARE ANY THOUGHTS THEY MAY HAVE ON THE THREE C’S.

REMINDER: CLOSE THE MEETING AT 9:55. ALL TURN TO SUGGESTED CLOSING ON P. 396 IN THE BLUE BOOK SO NEWCOMERS CAN FOLLOW ALONG AS IT’S READ. CHOOSE CLOSING PRAYER FROM THE AL-ANON DECLARATION (COPY ON TABLE), THE SERENITY PRAYER OR THE OUR FATHER. INVITE NEWCOMERS TO JOIN THE 10:00 AM MEETING.

