

WEEK # 2

CONTINUE TO DISCUSS STEP #1:

READ STEP # 1 IN “How Al-Anon Works” ON P. 45:

ALL TURN TO P. 45 plus the top and first paragraph on P. 46 AND HAVE NEWCOMERS READ THE 3 PARAGRAPHS.

ASK NEWCOMERS TO SHARE THEIR THOUGHTS AND FEELINGS ON STEP # 1:

(CHAIR AND ATTENDING MEMBERS MAY BRIEFLY SHARE THEIR EXPERIENCE, STRENGTH AND HOPE ON WORKING THE FIRST STEP, IF TIME.)

INTRODUCE THE IMPORTANCE OF LIVING “ONE DAY AT A TIME”:

HAVE NEWCOMERS READ FIRST TWO PARAGRAPHS ON P. 72, “One Day at a Time” IN “How Al-Anon Works”. *Note: Mention our first daily reader (the small blue book) was named “One Day At A Time” and is referred to by its initials as the ODAT.*

HAND OUT BOOK MARK, “JUST FOR TODAY”:

BRIEFLY REVIEW SUGGESTIONS AND GUIDELINES ON “JUST FOR TODAY” Book Mark.

INTRODUCE IMPORTANCE OF DETACHMENT: HAND OUT PAMPHLET ON DETACHMENT:

HAVE TOP PARAGRAPH READ AND THEN BRIEFLY DISCUSS THE “DO NOTS”.

NOTE: HAVE NEWCOMERS SHARE THEIR THOUGHTS ABOUT WHAT THEY HAVE HEARD REGARDING “ONE DAY AT A TIME” AND “DETACHMENT”. MENTION FURTHER INFORMATION ON DETACHMENT CAN BE FOUND IN CHAPTER 11 IN “How Al-Anon Works”.

INTRODUCE AND READ STEP TWO in “How Al-Anon Works”:

ALL TURN TO P. 47 – HAVE NEWCOMERS READ FIRST 2 PARAGRAPHS ENDING TOP OF P. 48.

SHARE: Al-Anon definition of insanity is doing the same thing over and over expecting different results.

HAVE NEWCOMERS SHARE THEIR THOUGHTS ON STEP 2:

(CHAIR AND ATTENDING MEMBERS MAY BRIEFLY SHARE ON STEP 2, IF TIME.)

INTRODUCE FINDING A HOME GROUP MEETING:

ATTEND MANY OTHER REGULAR AL-ANON MEETINGS AS POSSIBLE. It is suggested to try at least 6 regular Al-Anon meetings in succession to find the one you find you are most comfortable at and can relate to as that meeting can become your home group. Make sure everyone has a contact list of members and list of local meetings.

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 IS READ. CHOOSE CLOSING PRAYER FROM THE AL-ANON DECLARATION,(HAVE COPY ON TABLE), THE SERENITY PRAYER OR THE OUR FATHER. INVITE NEWCOMERS TO JOIN THE 10:00 am MEETING.

