

WEEK # 5

RECAP STEPS ONE, TWO AND THREE:

READ: STEP ONE ON PAGE 45: We admitted we were powerless over alcohol- that our lives had become unmanageable.

Turn to P. 46 – Have Newcomers take turns reading first two paragraphs at the top of the page beginning with “With this First Step.....”.

Ask Newcomers to share their feelings on Step One.

(Chair and attending members MAY SHARE, if time.)

HAVE READ: STEP TWO ON PAGE 47: Came to believe a power greater than ourselves could restore us to sanity.

Turn to P. 48 – Have a Newcomer read the last two paragraphs of the section on Step Two.

Ask Newcomers to share their feelings on Step Two.

(Chair and attending members MAY SHARE, if time)

HAVE READ: STEP THREE ON PAGE 48: Made a decision to turn our will and lives over to the care of God as we understood Him.

Turn to P. 50 – Have Newcomer read last two paragraphs at bottom of the page.

Ask Newcomers to share their feelings on Step Three.

(Chair and attending members MAY SHARE, if time)

HANDOUT & INTRODUCE PAMPHLET – “UNDERSTANDING OURSELVES AND ALCOHOLISM”:

DISCUSS BRIEFLY ON P. 2 and top of P. 3 - “WHY DO ALCOHOLICS DRINK”:

IDENTIFYING THEIR OBSESSION, ADDICTION, COMPULSION AND DENIAL.

“UNDERSTANDING OURSELVES”, How “FAMILIES AND FRIENDS ARE AFFECTED:

DISCUSS BRIEFLY ON P. 3 AND P. 4 – IDENTIFYING OUR OBSESSION, ANXIETY, ANGER, DENIAL AND FEELINGS OF GUILT.

Have Newcomers share their feelings on what has just been read.

(CHAIR AND ATTENDING MEMBERS MAY SHARE, IF TIME)

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