

# WEEK # 4

Using “How Al-Anon Works” Book:

**READ STEP THREE - ALL TURN TO P. 48 –**

**READ STEP AND FIRST PARAGRAPH BOTTOM OF P. 48 TO INTRODUCE STEP 3.**

**HAVE NEWCOMERS READ FIRST PARAGRAPH ON TOP OF P. 49 AND FIRST 2 PARAGRAPHS ON P. 50.** HAVE NEWCOMERS SHARE THEIR THOUGHTS ON STEP 3

(CHAIR AND ATTENDING MEMBERS CAN SHARE, IF TIME.)

**SHARE YOUR EXAMPLES OF TOOLS OF THE PROGRAM TO HELP WITH STEP 3 :**

Suggested samples: A GOD BOX WITH POST IT NOTES, RUBBER BAND ON THE WRIST TO SNAP AND REMIND US TO LET GO AND LET GOD, ETC., ETC.. (HAND OUT RUBBER BANDS IN PLASTIC HOLDER AND DEMONSTRATE)

**INTRODUCE THE SERENITY PRAYER: ALL TURN TO P. 79 -**

READ THE FIRST PARAGRAPH, THEN THE SERENITY PRAYER.

*DISCUSS ITS THREE PARTS; ACCEPTANCE, COURAGE, WISDOM.*

**HAVE NEWCOMERS READ THE NEXT 4 PARAGRAPHS:**

HAVE NEWCOMERS SHARE ON WHAT THE SERENITY PRAYER MEANS TO THEM.

(CHAIR AND ATTENDING MEMBERS SHARE, IF TIME)

**HANDOUT THE PAMPHLET – “THREE VIEWS OF AL-ANON”**

TURN TO **P. 2** IN THE PAMPHLET – READ THE FIRST LINE OF “*AN OPEN LETTER FROM AN ALCOHOLIC*” AND THEN HAVE NEWCOMERS EACH READ A PARAGRAPH ON **P. 2 & P. 3.**

**BRIEFLY CONTINUE DISCUSSION OF SPONSORSHIP AND THE IMPORTANCE OF STAYING IN**

**TOUCH BETWEEN MEETINGS:** “BECAUSE MEETINGS ARE ORIENTED TO GROUP NEEDS AND ARE LIMITED BY TIME, WE CANNOT EACH BRING OUR SPECIFIC PROBLEMS TO THE GROUP FOR DISCUSSION. SPONSORSHIP AND ONE ON ONE SHARING PROVIDE US WITH THE OPPORTUNITY TO UNBURDEN OURSELVES IN A PERSONAL AND CONSTRUCTIVE WAY. THEY SUPPLEMENT MEETINGS AND HELP US ESTABLISH NEW AND HEALTHY RELATIONSHIPS WITHIN THE FELLOWSHIP.” IN AL-ANON MEETINGS, WE AVOID GIVING OR ASKING SPECIFIC ADVICE..... WE CONCENTRATE ON WHAT HAS BEEN HELPFUL TO US IN OUR SITUATION.” *TAKEN FROM “Al-Anon Spoken Here”* **(CHAIR AND ATTENDING MEMBERS CAN BRIEFLY SHARE BENEFITS OF HAVING A SPONSOR)**

**REMINDER: CLOSE MEETING AT 9:55 -** READ “SUGGESTED CLOSING”, **PAGE 396** IN BLUE BOOK, ALL FOLLOW ALONG. CHOOSE PRAYER OF YOUR CHOICE: AL-ANON DECLARATION (COPY ON TABLE), THE SERENITY PRAYER OR THE OUR FATHER. INVITE NEWCOMERS TO 10:00 am MEETING.

