

## Meeting Format

REMINDER: You can turn off your microphone using the mute button in the left bottom corner of your screen.

Could we have a moment of silence followed by 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.*

We welcome you to the “Courage to Change” Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated but in Al-Anon we discover that no situation is really hopeless, and that it is possible for us to find contentment and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The Al-Anon program is based on the Twelve Steps (adapted from Alcoholics Anonymous), which we try, little by little, one day at a time, to apply to our lives along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of Al-Anon literature thus make us ready to receive the priceless gift of serenity.

Anonymity is an important principle of the Al-Anon program. Everything that is said here, in the group meeting and member to member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Al-Anon.

1. Could someone volunteer to chair the next meeting?
2. Could two people please volunteer to tidy up the room and wash the cups and glasses?
3. Do we need supplies (cookies, etc.)?
4. Are there any announcements for the good of Al-Anon?
5. Are there any Al-Anon birthdays?
6. Are there any newcomers to Al-Anon or our meeting? (The first 20 minutes are devoted to the newcomer. Members can share about their journey in Al-Anon.)  
Anyone who is willing to support the newcomer can provide their telephone number or Email address in the chat room. You can also download brochures from: <https://al-anon.org/for-members/members-resources/literature/downloadable-items/>

## **PREAMBLE TO THE TWELVE STEPS**

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics and by giving understanding and encouragement to the alcoholic.

Can we now go around the room and read the Twelve Steps of Al-Anon followed by the Twelve Traditions.

## **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 practice these principles in all our affairs.

## THE TWELVE TRADITIONS

1. Our common welfare should come first; personal progress for the greatest number depends upon 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 Al-Anon 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 cooperate 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, TV and films. 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.

**In accordance with Al-Anon's Traditions the group is sticking to these policies during meetings**

- We share our own experience, strength and hope in the Al-Anon program, no-one else's.
- We don't dominate the meeting to give everyone an opportunity to share.
- We stick to the topic being discussed.
- We keep our focus on the Al-Anon program and on Al-Anon Conference Approved Literature.
- We refrain from discussing specific religious tenets, therapies, and affiliations with other 12 Step programs.
- In order to provide a safe environment for everyone, we avoid cross-talk in our meetings. Cross-talk means interrupting someone when they are sharing, commenting on what someone shares, talking to someone directly in the meeting, or quoting what someone has said in this or another meeting.
- On the first Friday of the month, we will study the Twelve Steps using a book or workbook chosen by the chairperson.  
If someone has a problem they wish to discuss with the group on those evenings the last 20 minutes will be devoted to this discussion.
- On the third Friday of the month, we have a business meeting starting at 8:50 pm. We aim to close the business meeting at 9:15 pm the latest.

Can we now go around the room and introduce ourselves by first names only.

**<Read one of the daily meditations.>**

## CLOSING STATEMENT

Group conscience holds the meetings to one hour.

Please remember the 7<sup>th</sup> Tradition. (wait until the basket has gone round) You can send donations to our group via PayPal to **traditions@gmx.de**.

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven't been with us long. Whatever your problems, there are those among us who have had them too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us, you'll love us in a very special way – the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead let the understanding, love and peace of the program grow in you one day at a time.

Will all who care to join me in closing this meeting with the serenity prayer and the Al-Anon Pledge.

*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.*

*Let it begin with me.  
When anyone, anywhere reaches out for help,  
Let the hand of Al-Anon and Alateen always be there.  
And let it begin with me.*

Keep coming back. It works, if you work it, if you let it and you're worth it.