

## Stepping Stones To Serenity Al-Anon Group Zoom Meeting Format for **WEEK 3**

### Chair Instructions, before meeting begins:

1. Ask one member, who is **in-person**, to read the TRADITION OF THE MONTH & **JUST FOR TODAY'S**.
2. Ask one member, who is **online**, to read the 12 STEPS. *Please note the Online Host will usually do this.*
3. Ask an **in-person** member to time the in-person shares and inform them of the time limits. *Please note the Online Host has a timer for the **online** shares.*
  - a. Chairperson - 10 mins max
  - b. Individual share - 3 mins max
4. The chair has the option to ask a member to welcome the newcomer or the chair can welcome the newcomer themselves.

### 7:00 PM: OPEN THE MEETING

Before we begin the meeting, please take a moment to silence your phones if you are attending in person. If you are joining online, kindly mute yourself and remain muted unless you are speaking.

This is THE STEPPING STONES TO SERENITY Al-Anon Meeting. My name is \_\_\_\_\_. I will be acting as your chairperson this evening.

Let us take a moment of silence, followed by the "Set Aside Prayer." If you're attending in person, please refer to the card on your chair, and if you're joining online, you can find it in the chat.

### • Silence •

*God, please help me set aside everything I think I know about myself, about others, about my recovery, and about you, God. So that I may have an open mind and new experiences. God, please help me see the truth.*

### Welcome

We welcome you to the Stepping Stones to Serenity 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.

### **Statement of Purpose**

Our meeting lasts for approximately 1 hour. During this hour, we come together for mutual aid. We come to learn how to live the Al-Anon program. The Group Conscience requests that all present refrain from discussing religion, other 12 Step programs, treatment programs, or using terms not generally referred to in Al-Anon. Such discussion is confusing, especially to the newcomer.

### **Introductions**

We will now go around the room and have everyone introduce themselves, then the online Host will introduce all the online participants. Again, my name is \_\_\_\_\_.

### **12 Steps, Tradition of the Month & the Just For Today's**

1. Ask the Online Host to introduce the person reading the 12 Steps.
2. I've asked \_\_\_\_\_ to read the Tradition of the Month & the Just for Today's.

### **Welcome Newcomer**

Is there anyone here for their 1st, 2nd or 3rd Al-Anon meeting?

*(Chairperson or designated member will provide a short welcome to the newcomers.)*

### **Sponsorship and Home Group**

Sponsorship is a vital tool in Al-Anon recovery. All those willing to be a sponsor, please raise your hand.

A Home Group member is someone who is committed to attending this meeting each week. If you have questions regarding the home group, please see one of the home group members. Would the Home Group members raise your hands?

### **7th Tradition**

The 7th Tradition reminds us that we are fully self-supporting. We pass the basket to cover our group expenses. For those attending online, please check the chat for instructions on making an electronic donation. If you are attending in person, you can use the QR code on the basket to donate electronically. If you are a newcomer in your first 3 meetings, please do not feel obligated to donate.

### **Announcements**

*Ask the Secretary to read the announcements.*

### **Meeting Format**

Our meeting ends promptly at 8:00 PM. After I have shared, I will pull tickets in person and the Online Host will call on people who are online. In order to hear from as many people as possible, we ask that you limit your sharing to 2-3 minutes. The meeting leaders will help monitor the sharing time. Please do not be offended or embarrassed if we motion that your time is up. We would be happy to continue the conversation after the meeting.

I have asked \_\_\_\_\_ to be the Timer for tonight's meeting.

In this meeting, we have a different format every week in a monthly rotation. Tonight's meeting is a:

**TRADITION MEETING.** *Chairperson shares up to 10 minutes. Individuals share 3 minutes.*

***If using AA literature, please read:*** Our group conscience approves the use of AA literature.

**7:55 PM: Chairperson will read the CLOSING.**

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 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 with the "Serenity Prayer"?