



Al-anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy; neither endorses or 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.

Leader:

Will someone please read the Twelve Steps?

Will someone please read the Twelve Traditions?

Will someone please read The Do's and Don'ts

Are there any newcomers? If so, will you please un-mute and introduce yourself by your first name only so we may welcome you?

Leader: We'll now go around the room and introduce ourselves by our first name only. (Please unmute then re-mute yourselves.)

If you are a member of another group you are welcome here. **Keep the focus on the Al-anon program please. Leave other affiliations outside: religions, our professions, outside publications, other philosophies and other twelve step programs.** We ask that you please keep the focus on the Al-anon program.

Co-Secretary Announcements:

Ensuring confidentiality during Our ZOOM meetings:

Please remember that this is an anonymous fellowship. If there are others in your home, please protect the anonymity of other members by using headphones and being mindful of who can see your screen, or go to another location in your home where the meeting cannot be overheard or seen by others.

Please put your phone number in the chat if you are willing to lead an upcoming meeting.

I would like to Thank the people who do service at this meeting...

Treasurer - Cristi

Group Rep - Ginger

Phone List - Amber

ZOOMHost Trish (March - May)

Secretary - Ginny

Literature - Judith

Thank you for letting me be of service. I will now mute and turn the meeting back over to our leader.

Leader:

**Are there any Al-anon related announcements?** Please un-mute to speak and mute yourself again when complete.

The leader now chooses a page from the daily reader or any Al Anon approved literature and shares on it for 5 minutes.

Now it is time for open sharing. You will have 3 minutes to share with 1 minute to wrap it up. Please acknowledge when you hear the timer.

We will end the sharing at 9:25 for the 7<sup>th</sup> Tradition.

**Is there someone willing to time today?**

There is no cross talk. By this we mean no interrupting, no advice, and no commenting directly on what another person has shared.

Anonymity is the spiritual foundation of our program. Whom you see here, what you hear here, when you leave here, let it stay here. (Here, here!)

Please go ahead and share...

**At 9:25... 7<sup>th</sup> tradition**

**Leader:** Our 7<sup>th</sup> tradition states, "Every group ought to be fully self-supporting, declining outside contributions". Please consider utilizing our Venmo "**@Cristi-Walden**" account to make your weekly contribution. The Venmo address is posted in the chat. Additionally, personal contributions can be made to District 8 and Word service. Mailing addresses can be found on the website:

<https://www.alanonsantabarbara.info/>

**Phone Number Exchange:**

**If you want to contact someone you heard on today's meeting, please send a private chat to them OR call out their names now and we ask those members to stay on the call, if they are able to, until after we say the Serenity Prayer. I will also stay on the line to facilitate the exchange of numbers.**

**Leader: Suggested 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 meeting and the confines of your mind.

A few special words for 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 please un-mute yourself and join me in closing with 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.

**Conduct phone number exchange.**