

**“Paths To Recovery” Leader’s Format
Mondays at 6:00 pm**

Leader starts on time at 6:00 pm

Hi everybody my name is _____ your leader for tonight's meeting. Before we start would you please silence your cell phones and please mute your microphone if you are not speaking. Thank you.

Let us 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.**

Readings

- **Leader Reads Al-Anon Welcome**

Al-Anon Welcome:

We welcome you to the 6 pm Monday “Paths To Recovery” 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, 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 in 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.

Leader Says: May I have a volunteer to read the Preamble to the Twelve Steps?

Suggested Preamble to the Twelve Steps – Read by a Group Member

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.

Leader Says: May I have a volunteer to read the Twelve Steps?

Twelve Steps – Read by a Group Member

Because of their proven power and worth, AA's Twelve Steps have been adopted almost word for word by Al-Anon. They represent a way of life appealing to all people of goodwill, of any religious faith or of none. Note the power of the very words.

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 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 to practice these principles in all our affairs.

Leader Says: May I have a volunteer to read the Twelve Traditions?

The Twelve Traditions – Read by a Group Member

The Traditions that follow bind us together in unity. They guide the groups in their relations with other groups, with A.A. and the outside world. They recommend group attitudes towards leadership, membership, money, property, public relations and anonymity.

The traditions evolved from the experience of A.A. groups in trying to solve their problems of living and working together. Al-Anon adopted these group guidelines and over the years has found them sound and wise. Although they are only suggestions, Al-Anon's unity and perhaps even its survival are dependent on adherence to these principles.

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 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, films, and TV. 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.

Leader Introductions

Each of us will introduce ourselves by our first name only. If you are a newcomer, please let us know so that we may welcome you. If you are a member of another Twelve Step program you are welcome here. We request you do not break your anonymity and identify by your first name only.

Leader: It is now time for secretary announcements.

The Secretary then leads the meeting for several minutes before turning the meeting back to the leader.

Leader:

Our meeting will last for one hour. During this time we come together for mutual help. We come to learn to live the Al-Anon program. This group conscience requests that all present refrain from the discussion of religion, treatment centers, self-help programs, counseling, dominance, gossip, cross talk, and the use or mention of material other than our Al-Anon conference approved literature.

Crosstalk Statement

There is no crosstalk at this meeting which means we do not interrupt when someone is sharing. We do not comment directly on what another has said, we do not directly address another, nor do we give advice. Please remember that in Al-Anon we keep the focus on us and not the alcoholic.

This meeting is a book study meeting. We read out of the book "Paths to Recovery." We will begin on page _____. Please read a paragraph or as much or as little as you like.

Thank you all for reading. I will now share my experience, strength, and hope on the reading. So that everyone has the opportunity to share, we use a timer. The timer will "beep" after three minutes, alerting you that you have one minute to wrap up your share. **Who would like to be the timer today?**

Leader

The meeting is now open for sharing.

Leader

End meeting at 6:55 pm

Seventh Tradition

Our 7th Tradition reminds us that we have no dues or fees for membership, but we are self-supporting by our own contributions. The 7th Tradition pays for our rent, literature and makes group contributions to District 8, Southern California, and the World Services Office. This group suggests that you save the 7th tradition an envelope until the time that we can meet in person again or you may contribute to the World Service office. The address is on the website. Newcomers are asked not to contribute for your first three meetings. Thank you.

Suggested Al-Anon 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 liked 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 in 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 with 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.**