

Al-Anon Family Group - Monday, 6pm
Unitarian Society of Santa Barbara room La Paz.

Monday
Step-A-Month
Book Study

Paths to Recovery

Secretary's
Format

SECRETARY'S ANNOUNCEMENTS

Hi, I'm _____, Secretary for tonight's meeting. I would like to, again, welcome everyone, especially newcomers, and to thank _____ for leading tonight.

READ THIS – ONLY IF THERE ARE NEWCOMERS IN THIS MEETING

Newcomer Welcome:

As a Newcomer you may feel that you are here tonight for the alcoholic; that your presence here may teach you how to stop his or her drinking. The truth is you are here because of the alcoholic and not for the alcoholic. You will soon learn that you did not **cause** the alcoholic to drink, you cannot **control** the drinking, nor can you **cure** the alcoholic. You are here for yourself. You and you alone are responsible for dealing with your own pain. This is your program; it is your recovery from the effects of the disease of alcoholism.

You will find love, understanding and a lot of hope from the Al-Anon Family Group. The people around you tonight are experiencing in varying degrees the hurt, the anger and the anxiety that you may be experiencing. We in Al-Anon share our experiences because it helps us to focus on our recovery and ourselves. We do this with the use of Al-Anon program tools which are The Steps, slogans, literature, sponsors and the confidential telephone list which will be provided to you.

Al-Anon will work for you if you allow it to. It will be as effective as you make it. This is a safe place, the right place to be.

(Reprinted from the April/May 1990 issue of Inside Al-Anon (submitted by The First Step AGF, Glen Falls, N.Y.)

Please stay after the meeting so that we may answer your questions. You are welcome to attend a meeting formatted especially for new comers at the Daniel Bryant Youth & Family Center on Tuesday nights. We suggest that you try six (6) different Al-Anon meetings before you decide if Al-Anon is for you. Visit our literature table. The pamphlets are free to the Newcomer and books are sold at cost. Before you leave tonight please take a Newcomer's Packet, a meeting schedule and the confidential telephone list of members in this meeting. If you need a piece of literature that is not in our collection, please see our Literature Person _____ so that she/he can order it for you.

Regarding sponsorship in Al-Anon, would someone like to read from Sponsorship – Working Together to Recover (the green card).

Hi, I'm _____, secretary for tonight's meeting. I would like to welcome everyone and thank _____ for leading tonight.

Do we have any newcomers? If so, would you please tell us your first name? (then read the Newcomer's welcome.)

IF no newcomers:

At this time, I will pass around the Leader Sign-up sheet for those who may wish to lead a future meeting.

Secretary announcements:

- Our business meetings are held quarterly. The next business meeting will be on: _____. Please remember that you must be present to discuss your agenda item(s).
- The Church requests that no food, or drinks (except water) be brought into the room.

Only Al-anon-approved activities and announcements will be made.

Please remember to keep your announcements to 1 or 2 minutes or less. Also, We do not crosstalk during announcements. Are there any Al-Anon related announcements?

(*) Once each month ask for:

- Treasurer's report
- Is there an GR (Group Representative) report? 3rd Tuesday of the month or as needed.

Before turning the meeting back to tonight's leader, please remember that "*what you hear here, and who you see here, stays here.*" Thank you

Turn the meeting back to the leader.

SECRETARY'S NOTES

Every Six (6) Months (August & February):

We rotate service positions in our meeting. All service positions have a six (6) month commitment, except the Inter Group Representative (IGR), which is a three (3) year commitment.

Positions

Secretary
Treasurer
Literature

Weekly Format – Each Step is broken down in 4 parts at The Secretary's discretion allowing for approximately 10-15 minutes of reading, then followed by The Leader's Share and then The Group Shares.

Week One:	Part I
Week Two:	Part II
Week Three:	Part III
Week Four:	End of Step > Questions
Week Five:	Read & Discuss The Corresponding Step TRADITION