

## Fragrance Free "Tell it Like it Is" - Al-Anon Meeting Format

Saturday, 11:00 a.m. (Zoom Mtg Format)

Hi everyone, I'm \_\_\_\_\_, your leader for today. 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 the wisdom to know the difference.

We welcome you to the Fragrance Free - "Tell it Like it is" Al-Anon meeting.

Before we continue our meeting, please mute your devices. Thank you.

**Leader:** Reads the Al-Anon Welcome (page 11 in the Service Manual)

**Leader:** Reads the Preamble to the 12 Steps (page 13 in the Service Manual)

**Leader:** Ask a volunteer to read the 12 Twelve Steps (page 14 in the Service Manual)

**Leader:** Ask a volunteer to read the 12 Traditions (page 16 in the Service Manual)

**Leader's choice of additional readings:** Choose one reading - "Understanding Ourselves, pg.24, "Understanding Alcoholism" pg. 23, "Three Obstacles to Success in Al-Anon", pg. 22, "Four Primary Ideas" pg.21 "Al-Anon Do-s and Don'ts" (?)

**Leader begins group Introductions:** Let's go around the Zoom room and introduce ourselves by our first names only. If you are a newcomer for your first, second or third Al-Anon meeting, please let us know so we may welcome you. Also, if you are an out-of-towner please let us know so we may welcome you as well. If you are a member of another 12 Step Program, you are welcome here. We request that you do not break your anonymity and identify yourself by your first name only.

**Leader:** If there are any newcomers, read the "Newcomer's Welcome" (Page ?) after the introductions

**Leader:** Do we have any Al-Anon Related announcements or Secretary Announcements?

**Leader-** Reads - During the meeting, we come to learn how to live the Al-Anon program. Our group conscience respectfully requests that all present refrain from gossip, dominance and crosstalk (which is referring to or responding directly to what another member has shared). This also includes discussion of religion, counseling, self-help programs, our professions and of material other than Al-anon conference approved literature. Remember that our meetings are made up of talking and listening. Both are essential but when members use up valuable meeting time to go on and on about a personal grievance they are not helping anyone, not even themselves. Kindly limit your sharing to 3-4 minutes so that everyone has a chance to share.

**Leader:** Reads - Zoom Meeting Reminder -

In order to decrease visual distractions during our Zoom meeting, we ask that you please keep your attention on the person speaking. If you need to leave the screen or do any activity you would not normally do at an in-person meeting, please stop your video. If you forget to do this, then the host may turn your video off for you. Thank you.

**Leader:** Reads from "Courage to Change", "Hope for Today", "One Day at a Time" or from any other conference approved literature. (Then shares from 4 to 5 minutes and then selects a topic) Announce that the meeting is now open for individual sharing.

**Closing:** 5 minutes before the end of the meeting

**The 7<sup>th</sup> Tradition** states that we are self supporting through our own voluntary contributions. Since we are not meeting in person, it is suggested that you donate directly to District 8, Southern California World Service and/or the World Service Office. The addresses for these can be found on the Santa Barbara Al-Anon web site at [www.alanonsantabarbara.info](http://www.alanonsantabarbara.info)

**Leader:** Reads the Al-Anon closing (from the Service Manual pg. 20)

*Thank you for leading the meeting today!*