

Welcome to the Step into Serenity Al-Anon Meeting

Leader:

Hello everyone. My name is _____.

Will you please un-mute yourself and join me in saying the Serenity Prayer?

God grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference

Thank you. Please re-mute yourself.

We welcome you to the [Al Anon Serenity meeting](#) 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 each other in Al-anon.

Leader: Suggested Al-anon Preamble to the Twelve Steps

The Al-anon Family Groups are a fellowship of relatives of 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 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 Three Obstacles to Success in Al-Anon?](#)

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

ONLY if there are newcomers...

Leader:

Will someone please read Understanding Ourselves or Understanding Alcoholism?

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 - Selena Group Rep - Lisa Marie (for Sept - Nov)

Phone List - Marie Secretaries/ZOOMHost - _____

Literature can be purchased from the WSO website.

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 7th 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.

Some examples of cross talk are:

I don't want to cross talk but...

Great share...

I so identified with what you just shared....

Please remember to keep the focus on your own recovery. We would like to try the concept of "hold your applause until the end" and after the meeting has closed we can thank everyone for their shares. This alleviates an instance when two people are engaging in a dialogue, excluding all others.

Because there is no hierarchy in this meeting, we are all equals, if anyone feels that cross talk is occurring during open share time, they can simply state "there is no cross talk at this meeting".

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... 7th tradition

Leader: Our 7th tradition states, "Every group ought to be fully self-supporting, declining outside contributions". Please consider utilizing our Venmo "@serentiy830" account to make your weekly contribution, or to contribute the amount you have been setting aside during the pandemic. The Venmo address is posted in the chat. If you are not comfortable or able to contribute through Venmo, please continue to set aside your 7th tradition to be added to the basket when we all gather again.

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.