

“Keep an Open Mind” Al-Anon Family Group – 6:00 pm Wednesday

LEADER FORMAT

Leader begins Meeting at 6:00 pm:

“Hello, my name is _____. Before we start, please mute yourself unless you are sharing, or reading. Please join me for a moment of silence, followed by the Serenity Prayer.”

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.

Leader reads Al-Anon Welcome:

“We welcome you to the ‘Keep an Open Mind’ 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, 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 makes us ready to receive the priceless gift of serenity.

“Al-Anon is an anonymous fellowship. 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 asks for volunteers to read:

- The Preamble to the Twelve Steps
- The Twelve Steps
- The Twelve Traditions

Leader Introduces Reports and Announcements:

“We will now have Reports and Announcements. We ask that you please try to keep your reports to less than 2 minutes.”

Secretary, Literature, Phone List, Group Representative and (First Wednesday of the month only) Treasurer.

Other Announcements: “Are there any other Al-Anon announcements?”

Introductions:

Each of us will introduce ourselves by our first name only. If you are a member of another 12-Step program, you are welcome here. We request that you do not break your anonymity and identity by your first name only. My name is _____.

Leader reads this Introduction:

“As a reminder, in Al-Anon we refrain from giving advice. We do not cross-talk. This means that we respect the right of every member to share without interruption of any kind. We do not talk out of turn. We do not comment on what another has said nor do we give advice. What is said here is in confidence and should be treated as confidential.

“I will now read from today’s topic from **Blueprint for Progress**, including **Reflections** (*we read each topic for two (2) weeks*). I will then share on the topic. We use a timer in this meeting. The timer will ‘beep’ after 2 minutes alerting you that you have 1 minute to wrap-up your share. Is there a volunteer to help us with time today?”

6:55pm

7th Tradition:

“Our 7th Tradition reminds us that we have no dues or fees for membership but we are self-supporting by our own voluntary contributions. The 7th tradition pays for our zoom account, literature and makes group contributions to District 8, Southern California World Services and the World Service Office (WSO). You can contribute to the Al-Anon World Service Office online, and/or send a check to Santa Barbara District 8. The Al-Anon Santa Barbara website has information regarding ways to contribute to the 7th tradition.”

Leader reads the 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 and 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 _____ prayer.”