

## CHAIRPERSON SCRIPT (draft )

### Meeting Opening (read at 7:00 a.m. EST)

~~Introduce yourself~~ - "Hi my name is \_\_\_\_\_."

Will you join ~~me~~ us in a moment of silence, followed by the Serenity Prayer?

*\*Pause for a moment of silence\**

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 Sunrise Daily Readers Al-Anon/~~Alateen~~ 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 discovered that no situation is really hopeless and that it is possible 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 attitude, 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/~~Alateen~~ 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/~~Alateen~~ program is based on the 12 Steps (adapted from Alcoholics Anonymous), which we try, little by little, 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/~~Alateen~~ 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 one another in Al-Anon.

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 with 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 12 Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Tradition 7 states that every group ought to be fully self-supporting, declining outside contributions. There are no required dues, but ~~donations~~ contributions to cover web hosting, and in support of the World Service Organization may be made through the website Al-Anon.org. Please see the chat for the various ways you can contribute. ~~directly to this group to cover Zoom costs and other expenses.~~

We meet daily from 7:00 a.m. - 8:15 a.m. EST, followed by fellowship until 8:30 a.m. The last Saturday of the Month is a Tradition meeting where we share readings on the tradition. The Business Meeting is on the last calendar day of the month at 8:20 a.m. after fellowship.

At this time, we'd like to welcome anyone **NEW** to either Al-Anon or this meeting. If you are new to Al-anon or new to this meeting please feel free to unmute and share your first name so that we can welcome you.

Are there any Al-Anon-related announcements?

Our meeting format involves reading the 12 Steps, the Tradition of the Month, and the Concept of the Month. Then we read out of 4 daily readers: One Day at a Time, Courage to Change, Hope for Today, and A Little Time for Myself.

To keep the message in focus and encourage unity, only Al-Anon/~~Alateen~~ Conference Approved Literature (also known as CAL) is displayed, distributed, or used at Al-Anon and Alateen meetings.

While individuals may use whatever they find helpful as part of their personal recovery outside of meetings, Al-Anon doesn't evaluate or recommend anything other than Al-Anon materials. When sharing at meetings, we limit mention of outside material to a brief reference.

Now is the time for our daily service opportunities:

- Would someone volunteer to read the intro to the 12 Steps and the 12 Steps?
- Would someone volunteer to read the intro to the Traditions and the Tradition of the Month along with the intro to the Concepts and the Concept of the Month?

Now we'll need 4 volunteers to read from our daily meditation books:

- Would someone volunteer to read from One Day at a Time?
- Would someone volunteer to read from the Courage to Change?
- Would someone volunteer to read from Hope for Today?
- Would someone volunteer to read from A Little Time for Myself?

Now it's time for sharing. In Al-Anon, we share our experience, strength, and hope. Our goal is to keep the focus on ourselves, which helps us in our own individual recovery. Al-Anon discourages cross-talk, which has been defined as giving advice, questioning someone who is sharing, having an individual comment on what someone else shares, or being discourteous or intimidating.

I'll also remind you of the three obstacles to success in Al-Anon: discussions of religion, gossip, and dominance.

When you are not sharing or reading, please keep yourself muted. **The host will help with that.** If you want to share, you don't need to raise your hand. Just unmute and say your name. We like to greet you, so please allow a moment before beginning your share.

We don't have a timer, but due to the size of the meeting, please limit your share to **2-3** minutes and self-time, so we can hear as many people as possible. We hope you'll consider turning on your video, especially while sharing.

The meeting is now open. SHARE, SHARE, SHARE!

**Closing** (read at 8:15 a.m.)

In closing, **please remember our 7th Tradition, we are self supporting. Please contribute through our virtual basket as posted in chat.**

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 walls of this Zoom virtual meeting 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 come to love us in a very special way – the same way we already love you.

Talk to each other, and 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, please unmute and recite the Serenity Prayer and the Al-Anon Declaration?~~

Will all who care to, please join me in closing by unmuting and reciting the Serenity Prayer and Al-Anon Declaration together.

### **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.

### **The Alanon/Alateen Declaration**

LET IT BEGIN WITH ME—When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and LET IT BEGIN WITH ME.