

OPENING

Note: To learn how to sign on and use our Zoom lic, click [here>>](#)

Greeting: Good evening, everybody. Welcome to the Steps to Serenity Al-Anon Family Group. This is a Big Book Step Study. My name is _____. I am a member of Al-Anon and I'll be your chairperson for tonight's meeting.

Moment of Silence: Let's begin our meeting with a moment of silence to invite God into our midst and ask for an open heart. [*Allow the quiet moment.*]

Serenity Prayer: Would you please join me in the Serenity Prayer? *God, grant me....*

Preamble: 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 in 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 Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding to the alcoholic. If you belong to other twelve step groups, please keep the focus on Al-Anon.

Group Conscience: Our Group Conscience has elected to read and study the first 164 pages from the basic textbook *Alcoholics Anonymous*. We also read “Dr. Bob’s Nightmare,” the story of A.A.’s co-founder Bob Smith, which is found in the Personal Stories section, beginning on page 171. The purpose of this meeting is the study and practice of the Twelve Steps of recovery found in the Big Book of Alcoholics Anonymous by following the clear-cut directions, as stated on page 29. Our experience is that, until we have swallowed some large chunks of truth about ourselves, we were unable to experience a psychic change and spiritual awakening. It has been our experience that working the steps consistently provides us with a better, saner life. We consider all else to be an outside issue. This includes personal problems. The proper venue for sharing such problems is with a sponsor. This is where real recovery takes place—working the steps with a sponsor.

Sponsors: If you have worked all Twelve Steps with an Al-Anon sponsor according to the instructions given in the Big Book, and are willing to sponsor others, please list your name and number in the chat. For those of you who are interested in working the Al-Anon program and looking for a sponsor or someone to talk to, you can write down phone numbers and meet some of these people after the meeting. Please consider including your WhatsApp number and/or email for our international members.

Newcomers: We would like to recognize any newcomers at this time, anyone either new to Al-Anon or new to this meeting. If you would like, you can unmute your microphone and introduce yourself. *Pause for introductions. If Newcomers to Al-Anon are present, add:* We invite you to leave your contact information in the

chat for outreach calls and stick around after the meeting. We will be happy to answer any questions you have at that time.

Tradition: This is the _____ month, so tonight's Tradition is Tradition _____. [*Read Tradition. Click here for the [traditions](#)>>*]

Announcements:

- [*To the chair: If a Group Conscience has been scheduled, please announce date, time, and agenda.*] Presently, a group conscience is held four times a year after the MONDAY night meeting. If you have an agenda idea to bring to the business meeting, email Steps2Serenity.BBS@gmail.com or private message Jasmine before the night of the meeting.
- Do we have any other announcements? Our 2nd Tuesday night meeting, same time, same Zoom ID.

Big Book Offering: If anyone is interested in owning your very own big book, we will be happy to mail you a copy if you private message [Martha] your name and address. This is our gift to you.

Is it the 5th Monday of the Month?

Tonight we are doing a Foundation meeting.

1. We are going to record this if the speaker is OK with that? Are you?
2. It will be available on our website, steps2serenity.org under the Recording tab after 24 hours.

Closed Captioning: We have enabled Closed Captioning for this meeting. Feel free to switch it on - if you need help, Google it or private message the co-host.

Reading: Tonight our study begins on page [x]

- We read one page at a time and comment on what is on that page, beginning with the reader. Readers are needed—but the reader does not have to share! Please read one full page. If the page ends in the middle of a sentence, please complete the first sentence on the next page. Please keep comments focused on the passage that is read and on the Solution we have found through working the Twelve–Step Program of Al-Anon.

Who would like to get us started?

CLOSING

Seventh Tradition: Our group has voted to put the 7th Tradition on hiatus for the time being. If you'd like to donate to Al-Anon, you can go to the Al-Anon website and donate there.

Service: It is essential that people provide service to keep this meeting going. We are looking for chair people for both meetings,

Monday and Tuesday nights, and also looking for Foundation speakers. Please let your co-hosts or hosts know if you are willing to step up to help out in the chat.

Anonymity: This meeting follows the spiritual principle of anonymity: Whom you see here, what you hear here, when you leave here, let it stay here.

Closing: In Al-Anon, we learn individuals are not responsible for another person's disease or recovery from it. We let go of our obsession with another's behavior and we begin to lead happier and more manageable lives...lives guided by a Power greater than ourselves.

I will close the meeting by reading from page 164, the final page of the Big Book:

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the person who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.

Lord's Prayer: Please join us in closing with the Lord's Prayer or a silent prayer of your own choosing.

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever and ever. Amen

<https://www.aa.org/the-big-book>