

RECOVERING WITH LITERATURE HYBRID MEETING

Chairperson does the following:

Before the meeting starts

- Ask someone to draw names and keep track of members both in the room and on zoom
- Ask someone to read the 12 Steps
- Ask someone to read the Tradition of the month
- Ask someone to be the timekeeper

Chairperson say all that is in bold.

PLEASE REMEMBER IF YOU ARE ON Zoom to keep your microphone muted unless you are called on to share

Will you join me in 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**

Suggested Al-Anon Welcome

Hello, my name is _____ and I'm the chairperson for this meeting. we welcome you to the Recovering with Literature Al-Anon Family Group and hope you will find 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 know it.

The Al-Anon program is based on the Twelve Steps (adapted rom 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.

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 heart, for this is how we help one another in Al-Anon.

- **This group uses a different format for member sharing. Your name will be written down and names will be randomly selected by the person drawing the names. Please wait until your name is called before you share.**
- **If you don't want to share when your name is called, please introduce yourself and pass.**
- **Are there any newcomers or visitors from out of town? Please introduce yourself by your first name only.**

- o If there are newcomers or out of area people say the following: Welcome! We're sorry for the circumstances that brought you here and we are glad that you found us. please save your question for after the meeting, where there will be members who will be willing to answer your questions.
- Will _____ please read the Twelve Steps
- Will _____ please read the Tradition that corresponds to this month.
- Are there any Al-Anon related announcements and/or reports?
- It is now time for the chairperson to share on any Conference Approved Literature of the Forum.

The chairperson now as a 10 minute time limit with a 1 minute wrap up.

AFTER THE CHAIRPERSON SHARES:

- Members are asked to limit their sharing to 4 minutes or less so that other members will have time to share.
- Ask someone to pull the first number.
- 12:30 – Pass around the 7th Tradition Basket. We are self-supporting relying on our own contributions. Newcomers are our guests and are asked not to contribute until they feel part of the group.

SUGGESTED AL-ANON CLOSING

In closing, I would like to say that 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 room and the confines of your mind. A few special words to those of you 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, 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 time.

Will all who care to join me in closing with the Al-Anon 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.