

## Stepping Stones To Serenity Al-Anon Group Zoom Meeting Format for **WEEK 5**

### Chair Instructions:

1. Before the meeting begins, ask ONE member to read the TRADITION OF THE MONTH & THE JUST FOR TODAY'S.
2. Online Host will ask ONE member to read the 12 STEPS.
3. Ask a fellow member to act as Timekeeper.

### 7:00 PM: OPEN THE MEETING

Before we open the meeting, please take a moment to silence your phones if you are in person and if you are online, mute yourself and stay muted unless you are speaking.

This is THE STEPPING STONES TO SERENITY Al-Anon Meeting. My name is \_\_\_\_\_. I will be acting as your chairperson this evening.

Please join me in a moment of silence followed by the Serenity Prayer.

#### • Silence •

*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.*

### Welcome

We welcome you to the Stepping Stones to Serenity 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 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.

## Statement of Purpose

Our meeting lasts for approximately 1 hour. During this hour, we come together for mutual aid. We come to learn how to live the Al-Anon program. The Group Conscience requests that all present refrain from discussing religion, other 12 Step programs, treatment programs, or using terms not generally referred to in Al-Anon. Such discussion is confusing, especially to the newcomer.

## Introductions

We will now go around the room and have everyone introduce themselves, then the online Host will introduce all the online participants. My name is \_\_\_\_\_.

## Steps, Tradition of the Month & the Just For Today's

*(Designated person will share their screen with the Steps, Tradition & Just for Today's)*

Ask online host to introduce the person reading the 12 Steps

I've asked \_\_\_\_\_ to read the Tradition of the Month & ALL of the Just for Today's.

## Welcome Newcomer – Is there anyone here for their 1st, 2nd or 3rd Al-Anon meeting?

*Chairperson to provide a short welcome to the newcomers.*

Sponsorship is a vital tool in Al-Anon recovery. All those willing to be a sponsor, please raise your hand.

A Home Group member is someone who is committed to attending this meeting each week. If you have questions regarding the home group, please see one of the home group members. Would the home group members raise your hands?

## 7<sup>th</sup> TRADITION

The 7<sup>th</sup> Tradition reminds us that we are fully self-supporting. We pass the basket to cover our group expenses. For those online, please see the chat for information on how to send an electronic donation. If you are a newcomer in your first 3 meetings, please do not feel obligated to donate.

**Announcements** – *ask Secretary to read the announcements.*

## Meeting Format

In this meeting, we have a different format every week in a monthly rotation.

**Tonight's meeting is a:**

**PAMPHLET MEETING** *Chairperson shares up to 10 minutes. "Ticket" meeting; Ticket Coordinator will pick tickets for members to share for 2-3 minutes (Timer)*

I've asked \_\_\_\_\_ to be the Timer for tonight's meeting.

**IF using AA literature, read ...**Our group conscience approves the use of AA literature.

Our meeting ends promptly at 8:00pm. After the chairperson has shared, they will pull tickets in person and online, the host will call on people. In order to hear from as many people as possible, we ask you to limit your sharing to 2-3 minutes. The meeting leaders will help monitor the sharing time. Please do not be offended or embarrassed if we motion to you that your time is up. We would be happy to continue the conversation after the meeting.

**7:55 PM: Chairperson will read the 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 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 the Lord's Prayer?

## Al-Anon's 12 Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

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## **Al-Anon's 12 Traditions** *(Read only the Tradition of the Month)*

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

## JUST FOR TODAY

- **Just for today** I will try to live through this day only, and not tackle all my problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.
- **Just for today** I will be happy. This assumes to be true what Abraham Lincoln said, that “Most folks are as happy as they make up their minds to be.”
- **Just for today** I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my “luck” as it comes and fit myself to it.
- **Just for today** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.
- **Just for today** I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don’t want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.
- **Just for today** I will be agreeable. I will look as well as I can, dress becomingly, keep my voice, low, be courteous, criticize not one bit. I won’t find fault with anything, nor try to improve or regulate anybody but myself.
- **Just for today** I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.
- **Just for today** I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.
- **Just for today** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.