

# Group History Form: In Step AFG #30665817

## CURRENT INFORMATION

- **Group Name:** In Step AFG
- **Date History Compiled:** 08/10/24 (last updated)
- **Group ID#:** 30665817
- **Meeting Day/Time:** Saturdays @ 12:15pm ET
- **Meeting Location:** All Saints Episcopal Church, 3001 Meeting Street, HHI, SC & Zoom
- **Area #:** 50 (South Carolina)
- **CMA:** Alex B / [alexthecrazycatguy@gmail.com](mailto:alexthecrazycatguy@gmail.com)

## FORMATION OF THE GROUP

- **When and Why did the group start:** Planning began late 2015, the first meeting was on January 9, 2016. The founders felt a step study meeting was needed in the lowcountry.
- **Where did it meet:** YANA Club was the original location of the in person meeting.
- **Who started the group:** It was started by Carol D, Martha G, Marianne L, and Sara B
- **What was the composition of the members:** Mixed (anyone looking for step study)
- **Do early members still attend?** 2 of the original (non-founding) members who were there on day one have been active homegroup members since the beginning. 1 founding member is part time again and 2-3 other members have been with us for 5+ years (and lasted through COVID). Several Zoom members we picked up during COVID have been with us 2-3 years.
- **How did the group announce its formation and attract new members?** Founding members spread the word to other active AI-Anons that bounced around to the different meetings in the Hilton Head Island / Bluffton region and the meeting was announced repeatedly. 25 members were in attendance on the opening day, although many were there to support the opening, they didn't stick with the group permanently or dropped in sporadically.
- **How did the group welcome newcomers when it began?** The group is very good greeting anyone coming in, newcomer packets were issued, a special newcomer welcome exists in the script and many newcomers (typically after returning at least once) were gifted copies of How AI-Anon Works by the group or a member of the group.

## MEETING FORMAT AND TOPICS

- **Describe how meeting has changed its format over the years?** The meeting format was originally 2 steps a month (Step 1, Step 1, Step 2, Step 2, etc) but the back to back of the same step wore people out, it was changed (within the first 6 months) to 4 Steps a month with 5th Saturday's being "Chairperson's Choice" and any topic could be chosen. At the end of 2017, a minority voice at a Group Conscious suggested adding 1 Tradition study a month which was passed unanimously for a 4 month test. January 2018 we began doing 3 Steps and 1 Tradition (4th Saturday) each month and it was fully adopted and that continues to be the

format. In August 2024, we decided to add the Concepts to 4<sup>th</sup> Saturdays with the Traditions, so we alternate Traditions (in order) on Odd months and Concepts (in order) on Even months.

## **GROUP MEETING CHANGES**

- **List dates of changes in name, location or day and time of the meeting**
  - January 9, 2016 - First meeting; location: YANA Club, 107 Matthews Drive, HHI, SC
  - March 15, 2020 - COVID SHUTDOWN
  - April 4, 2020 - Al-Anon Beaufort County (AIS) starts 14 temporary Zoom meetings (every day, 12:15pm and 7:00pm); In Step AFG members adopt the Saturday 12:15pm slot and resume their regular format. Due to registered electronic meetings the local AIS started, In Step AFG began to pick up members from all over North America which began the hybridization of In Step AFG.
  - May 1, 2021 - In Step AFG returns to YANA Club as a Hybrid meeting.
  - [In Step AFG is given the news that YANA Club is banning hybrids and Zoom at the end of June 2021, two members volunteered to find the group a new home and were given authority by the group to "make it so" if they find the right place.]
  - June 26, 2021 - In Step AFG has their final Hybrid meeting at YANA. They return to Zoom for two weeks while the move is finalized to their new location.
  - July 17, 2021 - In Step AFG has their first Hybrid meeting at new location, All Saints Episcopal Church, 3001 Meeting Street, Hilton Head Island, SC (current location)
  - August 10, 2024 – In Step AFG changed from a Family & Friends only to a Family, Friends and Observers Welcome meeting format since no other in-person meetings in the county were open to observers.

## **BUSINESS AND GROUP CONSCIENCE/INVENTORY MEETINGS**

- **Does the group have business meetings?** Yes
- **How often?** From 2016-2020 the group had "as needed" business meetings. In 2020, a temporary "quarterly" schedule was made, but COVID interrupted/made us forget about it (partly because there were several mini-Group Consciences between April 2020 and July 2021). In August 2023, the quarterly business meetings was passed permanently for the 2nd Saturday of February, May, August and November. And members can always call for a group conscience / business meeting in between if necessary.
- **Subjects discussed?** Subjects have included but not limited to: group anniversary events, group inventory items, meeting format, wording of the script, chairing requirements, rotation of leadership, adopting the Hybrid meeting permanently, the 2021 location change, and increasing the ample reserve (in response to COVID).
- **Describe how a group conscience decision was reached?** Group conscience decisions have always been either unanimity or an overwhelming (2/3) to supermajority (75%+) in favor or opposed. If a topic is rather split, we prefer to table it and return to it at a later time.
- **Is a periodic inventory taken and how often?** Many inventory items have been brought up at business meetings over the years when needed.
- **Is it the same way now?** Yes / Described above.

## ALATEEN

- **Is there or was there an Alateen meeting nearby?** The closest Alateen meeting is in Bluffton, SC on Thursday evenings at 6:30pm.
- **Did anyone in the group sponsor the group?** One of our members is an AMIAS, others assist with outreach efforts for the Alateen group.
- **How many Alateens transitioned into Al-Anon?** Unsure / No Alateen members transitioned into our group specifically.
- **Did any Al-Anon members start their recovery in Alateen?** Currently, none of our current members started in Alateen.

## ALCOHOLICS ANONYMOUS

- **Was an AA meeting held at the same time and place?** Originally, we met at the same time as the No Name Group of AA when we were at YANA; while we still meet at the same time and day, we are no longer at YANA so we no longer have an AA meeting in the same location as us.
- **How has the group cooperated with AA?** We cooperated very well with the No Name Group when we were at YANA. Typically redirecting wayward attendees to the correct room. If one group was shut down for the day for some reason, the other would invite people into their meeting if they showed up. No Name Group also tried to support us in getting the hybrid ban overturned at the YANA Club.
- **Do AA members refer families to the Al-Anon group?** Some AA members do.

## GROUP'S PARTICIPATION IN THE SERVICE STRUCTURE

- **Does your Group Representative (GR) attend district and area assembly meetings on a regular basis and report back to the group?** We didn't have a GR for the first 7 years, we just got a GR (08/12/23) who WILL attend District 6 and Area 50 meetings and report back.
- **Support the nearby Al-Anon Information Service Intergroup (AIS)?** Several members and attendees of our meeting have held coordinator/officer positions in the local AIS and some of our members have also assisted in outreach efforts.
- **Does your group have a Information Service Representative (ISR)?** Yes, we've had a member in attendance at AIS meetings since the beginning of our group; we've never an official AIS liaison/representative because of this.
- **Do members of the group take twelfth step calls from local self-help or hot line answering services?** Our group participates in the monthly group rotation of the AIS Voicemail Service and 4-5 members break up the month.
- **List all names of individuals of past and present trusted servants for each office (GR's, Alternate GR's, program chairs, secretaries, treasurers, ISR's, etc.)**
  - **GRs / AGRs:** Carolyn P (GR appointed 08/12/23)
  - **Program Chairs:** If you mean meeting chairpersons, too many to name. We've easily had 25+ over the years.
  - **Secretaries:** Alex B & Nancy F (unofficial, prior to permanent position), Wendy B (first official, appointed 08/12/23)

- **Treasurers:** Carolyn P, Rose O, Alex B, Sherri K, Dennis W
- **ISR:** Our group has always had at least one member serving in an elected or special worker position in the AIS, so they would report back for the group.

## SEVENTH TRADITION

- **Does your group support the following through your contributions?** We make donations to Al-Anon Beaufort County (AIS), District 6, Area 50, and WSO - as well as the Raleigh LDC if we have the extra funds.

## GROUP ANNIVERSARIES/SPECIAL MEETINGS

- **Describe the group anniversary, gratitude, special meetings (Holiday, open meetings, speaker's meetings):** We had Anniversary events pre-COVID ranging from speaker/potlucks to going out to lunch as a group after the meeting. Anniversary events stopped with COVID and going hybrid. We don't deviate from our meeting format. Occasionally a 5th Saturday Chairperson's Choice meeting could be based around "the holidays" or "gratitude", but that would be up to the chairperson's discretion.

## THE AL-ANON MEETING WITHIN THE COMMUNITY

- **Describe the part your group has played in the community:** We announce local AIS information regularly and some of our members participate in their social events and outreach. In 2024, we became an Observers Welcome group so that we can provide a form of public outreach by being available to students and professionals who are in the medical, therapy, psychology and rehabilitation fields.
- **What kind of cooperation does your group receive from the media, local community agencies, or professionals such as ministers or doctors?** Our group does not directly receive cooperation from the media, local community agencies, or professionals. The Rector and her staff of All Saints Episcopal Church are happy to host Al-Anon (and other 12 step recovery fellowships) meetings for the community.

## LITERATURE

- **Which piece or pieces of literature has the group found most helpful? List favorite or most helpful pieces of literature.**
  - When the group was founded, chairing for the first year was based on the main readings from the book Paths to Recovery; same with the first year we introduced the Traditions. The Chairperson/Topic Leader could also use other CAL in addition to Paths to Recovery when providing their topic lead.
  - The group is notorious for giving away copies of How Al-Anon Works to newcomers and this would probably be the most recommended "if you could only pick one" book. Courage to Change is probably the most recommended daily reader.

- How Al-Anon Works, Reaching For Personal Freedom, A Little Time For Myself, and Courage to Change are probably the 4 most frequently referenced books.
  - Alateen - A Day At A Time, Hope For Today and Paths to Recovery are probably 3-way tied for 5th place.
  - A Little Time For Myself bumped Courage to Change off as the #1 referenced daily reader by everyone who went to the International and was able to get a copy; the rest are waiting for the book to be in stock once more.

## **THE FORUM**

- **Describe the group's use of THE FORUM in your meetings.** Some chairpersons have used Forum readings in the past as part of their leads.
- **Is it used for group topics?** We don't use The Forum for topics given we have a step/tradition based meeting format.
- **Does the group have a subscription?** The group has had a subscription in the past but has not since COVID.
- **Does the group keep additional copies on hand?** Some members who have personal subscriptions donate their old copies to the group's literature container.
- **Have members had articles published? If so the group may want to retain a copy as part of their group history)** To our knowledge, none of our members have submitted articles, at least not since our group's founding. If one did and we knew, we would certainly save a copy.

Completed information may be emailed to:

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Area Archivist – Panel 63