

In Step AFG

Saturdays 12:15pm ET



Meeting Script

Revision Approved: September 14, 2024

SERENITY PRAYER

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,
the courage to change the things I can
and the wisdom to know the difference.*

SUGGESTED WELCOME

We welcome you to the IN STEP 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 / Alateen 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 to 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 / 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 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 / Alateen 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.

MEETING FORMAT

The format of this meeting is Step Study. We focus on 3 steps each month. 4th Saturdays alternate between a Tradition & a Concept in order. 5th Saturdays are Chairperson's Choice. Our service signup calendar specifies the topic you are signing up to chair for (the # of the step, tradition, or concept OR if it's chairperson's choice).

This is a Families, Friends and Observers Welcome meeting; we welcome visitors seeking information about Al-Anon, as well as newcomers and members of Al-Anon. Observers attending Al-Anon meetings are requested to abide by the principles that guide participation in all Al-Anon Family Group meetings, most especially the principle of confidentiality. Members are reminded to exercise care in what they share when observers are attending.

- The meeting starts promptly at 12:15pm and ends at 1:15pm Eastern time.
- Please check that your cell phones are silenced to prevent distractions
- Zoomers, please remain muted if you aren't sharing.
- We use and reference Conference Approved Literature only during the meeting.
- Are there any Al-Anon birthdays/anniversaries?
- Are there any Al-Anon related announcements or officer reports?

7th TRADITION

We have no dues or fees; according to our 7th Tradition 'Every group ought to be fully self-supporting, declining outside contributions. We do this through our own voluntary contributions by passing the basket to cover group expenses, including rent, purchase of literature and support of our service arms. As a hybrid meeting, we have many ways to donate to our group available; a list of electronic transfer options will be posted in chat.

Self-supporting also means volunteering. If you are willing to lead a meeting like I am doing today, we encourage you to sign up to chair on our online calendar. A link will be provided in chat shortly to our group's webpage where links to our calendar, chairperson's script and additional information and tools for this group can be found.

NEWCOMERS / OBSERVERS

Do we have anyone observing or attending one of their first 6 meetings ever or joining our group for the first time?

[If YES, Chairperson reads this, if NO, move on to Group Readings]

In group meetings, we share our own experience, strength, and hope, keeping the focus on ourselves and how the Al-Anon/Alateen program has helped us change our attitudes and actions. Our discussions center on solutions for our own difficulties. We try not to tell other people's stories or repeat what we see or hear, always protecting one another's anonymity and the anonymity of Al-Anon, Alateen, and A.A. members, as well.

We concentrate on our own feelings and attitudes, rather than on the details of our situation. Members leave other affiliations (such as other Twelve Step programs or professional resources) outside our meetings.

It is suggested that Al-Anon/Alateen members avoid discussion of specific religious beliefs or ideas, criticism of one another or the alcoholic, gossip, or revealing intimate details of their problems. More detailed discussion may take place between meetings in private conversations with another member or a personal Sponsor.

READINGS

Do I have...

- **a volunteer to read the Preamble & 3 Legacies.**
- **a volunteer to read the 12 Steps.**
- **a volunteer to read Intro & Tradition of month.**
- **a volunteer to read Intro & Concept of month.**

Chairperson provides lead on topic then opens the meeting for sharing.

Members share their experience, strength and hope.

Chairperson keeps an eye on the clock and try to wrap up shares 2-3 minutes before 1:15pm ET so that the final sign up reminder, suggested closing can be read followed by the declaration so we close on time.

CALENDAR REMINDER / NEXT WEEK'S CHAIRPERSON

Just a reminder, if you are willing to lead a meeting, we encourage you to sign up to chair on our online calendar. **[If someone has signed up for next week, announce it and thank them for their willingness to serve; if it's still vacant, say the opportunity to sign up for next week's chairperson position is still available.]**

SUGGESTED 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 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 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.

AL-ANON/ALATEEN DECLARATION

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there and let it begin with me.