

## **DOWNTOWN DURHAM LUNCHTIME AFG ONLINE MEETING FORMAT**

Zoom Link: <https://zoom.us/j/894216268>

Meeting ID: 894 216 268

Before meeting, ask for volunteers to read: Welcome, Preamble to 12 Steps, 12 Steps, Newcomer's Welcome, Daily Reader, Closing

### **At 12 PM**

Ask members to please remember to mute themselves after sharing and remember that they can use the space bar to temporarily unmute themselves.

Open with a moment of silence followed by the **Serenity Prayer**.

### **Serenity Prayer**

**God, grant me the serenity  
To accept the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.**

Ask volunteer to read **Suggested Welcome**

Ask volunteer to read **Suggested Preamble to the Twelve Steps**

Ask volunteer to read the **Twelve Steps**

Read the **Tradition and Concept of the Month**

Ask volunteer to read from **Conference Approved AI-Anon daily reader**

**Introductions:** Ask everyone to wave to the camera (if they have one) and note the names of all in attendance are at the bottom of each 'window'.

Ask if we have any newcomers who have been to six meetings or fewer? Anyone attending this meeting for the first time? "We would like to welcome you all." If there are newcomers, ask volunteer to read **Newcomer's Welcome**.

**Before beginning the program, please read statement:**

By our group conscience, we ask that if you are a member of another 12 step program, that you remain anonymous during this meeting, so that we can keep the focus on the AI-Anon program.

In order to promote the principle of unity, by group conscience, we ask that all members be considerate in regard to the length of their sharing and avoid sharing more than once, so that all may have the opportunity to participate.

**Program:** Open sharing time with a brief introduction to the topic.

### **At about 12:55:**

We have no dues or fees, but we do "pass the basket" to cover group expenses. Our 7<sup>th</sup> Tradition says we are self-supporting through our own voluntary contributions. Anonymous donations can be made through our

VENMO account: @DDL-AFG. If you prefer to write a check, please stay after the meeting for contact information. Newcomers and guests are asked not to contribute.

Do we have a volunteer to lead the following meeting? (Clarify if leading Tuesday or Friday)

A link to our meeting script is available on the district website: [alanonlateen6nc.org](http://alanonlateen6nc.org)

**Business or Announcements** for the good of Al-Anon

Ask volunteer to read **Suggested Closing**

*Perhaps encourage people to remain connected for a few minutes after the meeting to fellowship?*

## **SUGGESTED WELCOME**

We welcome you to the Downtown Durham Lunchtime 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 will show you how 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 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/Alateen literature thus make us ready to receive the priceless gift of serenity.

Our meetings last for approximately one hour. During this hour we come together for mutual help. We come to learn how to live the Al-Anon program. The group conscience requests that all present refrain from gossip, dominance, the discussion of religion, treatment centers, self-help groups, counseling, and the use or mention of materials other than our Al-Anon conference approved literature. AA literature is not used at Al-Anon meetings because it is written for and from the viewpoint of alcoholics and is not Al-Anon Conference Approved Literature.

Al-Anon is an anonymous fellowship. 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/Alateen.

Please remember that in Al-Anon we keep the focus on ourselves, and not on the alcoholic. We thank you for your cooperation in our group effort to stick to Al-Anon principles.

## **PREAMBLE TO THE TWELVE STEPS**

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 and encouragement to the alcoholic.

## **THE TWELVE STEPS**

Because of their proven power and worth, AA's Twelve Suggested Steps have been adopted, almost word for word, by Al-Anon. They represent a way of life appealing to all people of good will, of any religious faith, or none.

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.

## **TRADITIONS & CONCEPTS**

### **JANUARY**

Tradition 1: Our common welfare should come first; personal progress for the greatest number depends upon unity.

Concept 1: The ultimate responsibility and authority for Al-Anon world service belongs to the Al-Anon groups.

### **FEBRUARY**

Tradition 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.

Concept 2: The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

### **MARCH**

Tradition 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.

Concept 3: The right of decision makes effective leadership possible.

### **APRIL**

Tradition 4: Each group should be autonomous, except in matters affecting another group, or Al-Anon or AA as a whole.

Concept 4: Participation is the key to harmony.

### **MAY**

Tradition 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.

Concept 5: The rights of appeal and petition protect minorities and insure that they be heard.

### **JUNE**

Tradition 6: Our Al-Anon 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 cooperate with Alcoholics Anonymous.

Concept 6: The Conference acknowledges the primary administrative responsibility of the Trustees.

### **JULY**

Tradition 7: Every group ought to be fully self-supporting, declining outside contributions.

Concept 7: The Trustees have legal rights while the rights of the Conference are traditional.

### **AUGUST**

Tradition 8: Al-Anon Twelfth-Step work should remain forever nonprofessional, but our service centers may employ special workers.

Concept 8: The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

## **SEPTEMBER**

Tradition 9: Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9: Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

## **OCTOBER**

Tradition 10: The Al-Anon Family Groups have no opinions on outside issues; hence our name ought never be drawn into public controversy.

Concept 10: Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

## **NOVEMBER**

Tradition 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.

Concept 11: The World Service Office is composed of selected committees, executives and staff members.

## **DECEMBER**

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Concept 12: The spiritual foundation for Al-Anon's world service is contained in the General Warranties of the Conference, Article 12 of the Charter.

## **NEWCOMERS WELCOME**

We are honored that you have chosen to attend our meeting as a first exposure to Al-Anon. We sincerely hope that you will begin to find here the help that you are seeking.

In Al-Anon, we soon learned the 3 C's. We did not Cause the alcoholic to drink. We cannot Control the drinking and we cannot Cure the alcoholic. We are here tonight for ourselves. We are responsible for dealing with our own pain. This is our program – our recovery from the effects of the disease of alcoholism.

We have found love, understanding and a lot of hope in the Al-Anon Family Groups. The people in this room tonight are experiencing in varying degrees the hurt, the anger, the anxiety that you may be experiencing. We focus on taking care of ourselves and our recovery by attending meetings, working the twelve steps, talking with others, reading Al-Anon conference approved literature and using Al-Anon slogans. One especially important slogan to keep in mind today is "Keep Coming Back".

We encourage newcomers to attend at least 6 meetings before deciding if Al-Anon is for you. There is an online meeting specifically for newcomers at 10am on Saturday mornings, hosted by Saturday Morning Live AFG. After the meeting, we are available to answer questions and share resources. When in-person meetings return, this meeting has a welcome gift for you.

Finally, what you say or hear here and who you see here today remains strictly confidential. We strive to protect your anonymity at all times.

(\*\*\*\*\*The reader of the welcome is asked to share briefly your experience in Al-Anon for the newcomer.\*\*\*\*\*)

## **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 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 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.

Asking someone to be our sponsor is part of our own personal recovery in Al-Anon. If you have questions about sponsorship, refer to the Sponsorship pamphlet, talk with someone after the meeting or call someone who has an asterisk by their name. Will all who are willing to be temporary sponsors please raise your hand?

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 closing Serenity Prayer?

*Updated 1/9/21*