

RTP Munch Bunch AFG

(Before the meeting starts, chairperson may assign readers for:

- the Welcome.
- the Preamble to the Twelve Steps.
- the Twelve Steps.
- the Preamble to 12 Traditions.
- the 12 Traditions.
- the Concept of the Month (the Concepts can be found in any of the Daily Readers).
- a reading from a Daily Reader.
- the Newcomer's Welcome.
- the Closing.)

Welcome to the **Munch Bunch** Al-Anon Family Group. My name is _____.

Let's 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.

Before we start, please mute your Zoom device unless you are speaking.

Will someone please read:

- 1. the Welcome.**
- 2. the Preamble to the Twelve Steps.**
- 3. the Twelve Steps.**
- 4. the Preamble to 12 Traditions.**
- 5. the 12 Traditions.**
- 6. the Concept of the Month.**
- 7. a reading from a Daily Reader.**

Now we will introduce ourselves by waving to everyone or, if by phone, saying hi to everyone. (Give a moment for everyone to look around and wave).

Are there any newcomers who have attended 6 or fewer meetings? (If there are newcomers, ask for a volunteer to read the ***Newcomer's Welcome.***)

At this time, we ask for a volunteer to lead next week's meeting. We will make sure that anyone volunteering to lead will be sent the Leader's Guide that includes all the text and instructions you would need to chair the meeting. Who would be willing to lead?

Statement on Sharing: In keeping with the First Tradition, we believe that personal progress for the greatest number depends upon unity. To that end, in sharing we try to keep the focus on ourselves and our experience in the Al-Anon program. We welcome members of other 12-step programs, but request that we identify ourselves only as Al-Anon members for this hour.

In order to create a comfortable environment without judgement, please refrain from feedback, giving advice, or commenting on anyone's individual share.

Al-Anon takes all members' safety seriously. Please consider how your conduct may affect another's recovery. We also suggest that we monitor ourselves and try to keep our own shares reasonably short so everyone has time and opportunity to share.

This meeting is a literature study. We read from **How Al-Anon Works** every week except the 3rd Thursdays of each month when we read from **Paths to Recovery**. Would someone like to start the reading?

At approximately 12:50pm say the following:

We have no dues or fees, but we do accept voluntary contributions to cover group expenses, including purchase of literature and support of our trusted servants and Al-Anon service arms. In accordance with our Seventh Tradition, we want to be self-supporting through our own voluntary contributions. Newcomers, please do not contribute; we ask you to be our guest. There are several ways in these days of Zoom to contribute.

1. We have a VENMO account: @MBAFG. You can add these four digits of a phone number, 9736 to the search and you'll see our account.
2. You may send a check payable to Munch Bunch AFG to:
Munch Bunch AFG, P.O. Box 12384, RTP, NC 27709

Conference Approved Literature (CAL) is available from the Al-Anon Service office, alanonraleigh.com, phone number (919) 787-1653. If you have any questions about literature, feel free to stay after the meeting and someone will be glad to help you.

Is there any Business or any Announcements for the good of Al-Anon?

If you would like to share your contact information for the benefit of newcomers or people attending our Zoom meetings, Sharon M is maintaining a list that can be accessed online. If would like to add your information or would like a copy of our phone list, please send Sharon an email (sharonm1tx@yahoo.com), and she will send you the link.

This group holds business meetings the second Thursday of February, May, August & November. The business meeting continues on the same Zoom link after the regular meeting ends at 1:00 pm, and usually last from 30-45 minutes.

If you would like, please stay after the meeting on Zoom to greet one another or to exchange contact information.

Will someone please read the **Closing**?

Serenity Prayer

Welcome

We welcome you to the Al-Anon Munch Bunch AFG 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.

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

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.

Preamble to the 12 Traditions

The Traditions that follow bind us together in unity. They guide the groups in their relations with other groups, with A.A., and the outside world. They recommend group attitudes toward leadership, membership, money, property, public relations, and anonymity. The Traditions evolved from the experience of A.A. groups in trying to solve their problems of living and working together. Al-Anon adopted these group guidelines and over the years has found them sound and wise. Although they are only suggestions, Al-Anon's unity and perhaps even its survival are dependent on adherence to these principles.

The Twelve Traditions

- 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 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.
- 7.) Every group ought to be fully self-supporting, declining outside contributions.
- 8.) Al-Anon Twelfth-Step work should remain forever nonprofessional, 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 opinions 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.

Newcomer's Welcome

We are honored that you have chosen to attend our meeting as a newcomer 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 today 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 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 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. You will be able to ask questions and get answers specific to newcomers.

We encourage you to stay after this meeting and talk with members about any questions or concerns you may have. When we pass the basket today, please do not contribute; we ask you to be our guest.

What you say or hear here and who you see here today stays in this room. Your anonymity is protected at all times.

If anyone would like to share what Al-Anon has done for you, feel free to share now or during the meeting.

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.

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.

This group supports sponsorship as a tool for recovery. If you have questions about sponsorship, please stay after the meeting to talk with someone. Will all those who are willing to be temporary sponsors please either put an asterisk after your name or your phone number on the screen. In addition, please raise your hand so those looking for sponsors can more easily identify you. Thank you!

Will all who care to, join me in closing with the 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.