

Solutions AFG Online Meeting Format

Online location: Zoom Link: <https://zoom.us/j/752317198>

Meeting ID: 752 317 198 - Password: Area42

Current in person location:

200 E Hillsborough Rd.

Carrboro, NC 27510

(in the little white house next to the church)

At 7:00pm open meeting:

Ask members to please remember to mute themselves after sharing or while others are sharing and to keep movement on the screen to minimum and/or turn off video during movement of their device/screen. Additionally, please refrain from private side conversations on chat during the meeting, as they are distracting to the meeting as a whole. Thank you for respecting these group guidelines.

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.

1. Read Suggested Opening

SUGGESTED OPENING

We welcome you to the Solutions 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 -- adopted 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.

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.

This group encourages Sponsorship as an aid to recovery. 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 or talk with someone after the meeting. Will all those willing to be Sponsors please raise your hand and place an asterisk next to their name in their ZOOM window?

By group conscience, we have agreed to include the following in our welcome:

Please refrain from 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

In order to promote principles above personalities, please avoid cross-talk. Cross-talk danger areas include: using the words you or should; giving advice; interrupting; addressing an individual instead of the group as a whole. Ways we avoid cross-talk danger areas are: using the word I; speaking from our own experience, strength and hope on how we're applying the program in our own life today.

Please limit you sharing to 2 or 3 minutes, and avoid sharing more than once.

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 the Al-Anon principles.

2. Ask volunteer to read Suggested Preamble to the Twelve Steps

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.

3. Ask volunteer to read the Twelve Steps

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. We're 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.

4. Ask volunteer to read Suggested Preamble to the Twelve Traditions

PREAMBLE TO THE TWELVE 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.

5. Ask volunteer to read the Twelve Traditions

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.

6. Ask a volunteer to read from Conference Approved Al-Anon daily reader.

7. Do we have any newcomers with us who have been to six meetings or less?

A) If there are no newcomers, move on with the meeting.

B) If there ARE newcomers, mention info below:

- Pamphlets are free; books are at cost.
- A meeting list and group phone list are available online.
- It's recommended that newcomers try six different meetings before deciding if Al-Anon is right for them.
- 10 a.m. Beginner's Meeting at Binkley Baptist church.
- When the basket is passed, newcomers are asked not to contribute as our sign of welcome.

C) Ask for a volunteer to read the newcomers welcome.

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

today for ourselves. We are responsible for dealing with our own pain. This is our program—our recovery from the effects of the family disease of alcoholism. We have found love, understanding, and a lot of hope in the Al-Anon Family Groups. The people in this room today are experiencing, in varying degrees, the hurt, anger, and 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. We invite you to take a phone list when the binder is passed, and hope you will call people! Everyone on that list is willing to talk to you about their experience in Al-Anon. We also work on our recovery by 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, as different meetings have different personalities although the message is the same. During your first six meetings, we ask that you not contribute as a sign of our welcome. Some of us have our phone numbers in our windows and we invite you to write them down and give us a call or a text. We want you to know that we love getting your phone calls, if you are open to receiving calls from us, we would like to encourage you to put your number in your zoom window. Finally, what you say here, what you hear here, and who you see here today stays in this room. Your anonymity is protected at all times.

[Reader: please share briefly your experience, strength, and hope in Al-Anon]

8. 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’.

9. Business or Announcements for the good of Al-Anon

This group uses an email listserv to share business and announcements. If you would like to be added to the email-list, please be in touch with the Secretary (Rhonda - rlgoalsby@gmail.com) or Phone List Coordinator (Robin M).

[Ask a trusted servant to share one of those email or phone numbers in their zoom name.]

10. Program:

Open sharing time with a brief introduction to the evenings topic

11. At about 7:55 start closing the meeting:

In keeping with the 7th Tradition which states, “Every group ought to be fully self-supporting, declining outside contributions. We now pass the ‘virtual’ basket to cover our group expenses such as: rent, donations to district, area, and the world service arms of Al-Anon.

Newcomers and guests are asked not to contribute. You can give 7th tradition donations via Venmo. [Ask a trusted servant to share the Venmo handle in their zoom name.]

12. If not done already, ask volunteer to lead next week’s meeting

13. Ask for a volunteer to read the Suggested Closing.

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

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 theP within the virtual ‘walls’ of this zoom meeting 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.

Will all who care to join me in the closing Serenity Prayer.