

Saturday 10am - Technical Information
For the Secretary/Chair to read before leading a phone bridge meeting
(Click below for full version technical information)

[..\technical.htm](#)

The Meeting Format Starts Now

(This is the part you read out loud)

MEETING FORMAT:

Al-Anon Family Group Saturday 10AM Paths to Recovery Traditions Meeting

INTRODUCTION: Welcome to the Saturday 10 AM Paths to Recovery Traditions Meeting, a one hour meeting, which uses the Paths to Recovery book.

- 1) **My name** is _____, a grateful member of Al-Anon and your chairperson for this meeting. Let's open with a moment of silence and the Serenity Prayer.

- 2) **Chairperson reads:** We ask members who have dialed in on the leader code to please hang up and dial back in regularly. On conference service lines multiple members on the leader code can cause technical difficulties. Thank you for your cooperation.

3) READINGS:

Ask Member to read:

- a. **Ask a member to read "Introduction to the Twelve Traditions" found on page 133-134.**
- b. **Ask a member to read the Twelve Traditions, including introduction, found only on pages 131-132.**

4) Chairperson Reads:

Three Obstacles to Success in Al-Anon (The Al-Anon Alateen Service Manual pg. 24)

5) INTRODUCTIONS:

Let's go around the globe and introduce ourselves. If you are new to Al-Anon or the Al-Anon Phone Meetings, if you want to, let us know when you introduce yourself so we can welcome you. Please press *1 to un mute. I'll start . . .

Hi, I'm _____ (Name) _____ from (_____ State _____) .

Chairperson reads:

- 6a) Our Seventh Tradition states we are self-supporting through our own voluntary contributions.

Contributions can be sent to the World Service Office and state that it is from Saturdays 10AM “Path to Recovery” study meeting. Our World Service Office ID number is 30595080.

Or electronically at www.alanonphonemeetings.org under the contributions page.

Also donations can be made at your face-to-face meetings.

Chairperson reads the Tradition 4 Anonymity Statement

In Al-Anon this is a gentle reminder that we speak from our own experience, and ours is derived from living with the effects of alcoholism. We ask those who are members of other anonymous programs not to break their anonymity and to try to identify with the Al-Anon approach for the family illness. Ours is a different experience and calls for a different interpretation.

7) Chairperson Reads:

Week 1: Read first half of the text On the Tradition of the Month, followed by sharing.

Week 2: Read second half of the text On the Tradition of the Month, (Up until Members Share), followed by sharing.

Week 3: Read the complete “Members Share Experience, Strength and Hope” section, reading one story at a time followed by a few shares.

Week 4: Continue with questions, reading four at a time; i.e. if there is a lull in the shares, read the next four questions.

Week 5: Continue with questions, reading four at a time.

8) SHARING Chairperson requests a spiritual timekeeper for 3 minute sharing, encouraging ***Participation is the Key to Harmony***. **Who would like to read and share first?**

CLOSING (begins 5 minutes at the top of hour)

9) Chairperson is encouraged to repeat the book and page numbers that were read this week.

10) Announcements: Meeting information for this phone line, other Al-Anon phone lines and face-to-face meetings will be read after this meeting closes and after phone numbers are exchanged. Are there any other **Al-Anon related announcements?**

10)a The Business Meeting is on the third Saturday of the month after the formal meeting. A **Suggested Business meeting format** is attached at the bottom of this format. If the group chooses to hold a Group Inventory, Pamphlet G08 **“Taking a Group Inventory”** is available at the Al-anon website, via the Members page.

11) Names & Telephone Numbers:

Would anyone like to request the telephone number of someone who shared, we will take request now and exchange numbers at the end of the formal meeting.

12) Do we have **a member who will stay on the line** after the meeting to greet newcomers, answer questions about Al-Anon, or to explain the phone etiquette?

13) CLOSING

a) Chairperson reads: The first 2 paragraphs of “The Epilogue” on Page 339 in the book **Paths to Recovery.**

b) Chairperson asks: Will all who care to, join me in closing with **Al-Anon Declaration (on page iX of Paths to Recovery) and **Serenity Prayer**. Please press *1 to unmute.**

14) Information on all registered phone and face-to-face meetings can be found on Al-Anon’s Website: www.al-anon.org or by calling World Service Office at (757) 563-1600. Face-to-face meetings can also be accessed from World Service Office’s automated phone number: 1-888-425-2666.

All registered phone meetings on all bridges can be accessed by calling: 712-432-8784, Pin/Access Code 52639#

14a) Does anyone want to hear the meeting times for this phone line read now? (Chairperson: See list below). Meeting schedule and formats for this phone line can be accessed at www.phonemeetings.org.

14b) Would anyone like to announce other meetings on a different Al-Anon phone line?

14c) Chairperson states: This meeting is now formally closed.

Chairperson turns the meeting over to the newcomer greeter after the meeting closes.

Meeting Schedule

Meeting schedule can be accessed on the web at www.phonemeetings.org. Format changes and website related requests can be emailed to phonemeetingsweb@yahoo.com. All other general questions can be sent to phonemeetingsinformation@yahoo.com.

Meeting Schedule

All Eastern Time zone, same pin and phone # as you dialed in for this meeting

6am	7 days a week
8am	Saturday and Sunday
9am	Weekdays (Monday thru Friday)
10am	Saturday
11am	Sunday
2pm	Sunday
Noon	Monday ----- Saturday
4pm	7 days a week
6pm	Saturday and Sunday
8pm	7 days a week
10pm	Monday, Tuesday, Thursday, Friday, Saturday and Sunday
12 midnight	Monday and Thursday

Chairperson states: This meeting is now formally closed.

Chairperson turns the meeting over to the newcomer greeter after the meeting closes.

General Business format

Group Inventory List

Suggested Format for each Individual Group Conscience Meeting

1. Lets open with a moment of silence followed with the Serenity prayer:
2. 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.

OLD BUSINESS

2. Secretary do we have any old business to revisit from last meeting?

3. We open up the floor for discussion on these items.
4. Do we have a motion on this item?
 - 5a. Do we have a second?
 - 5b. Secretary please read the motion.
Ask if there is any further discussion before we vote.
 - 5c. We now go to voting...
 - 5d. All in favor say "Aye" and state the order of "Aye's" Like "Aye one" and then "Aye two" and so on.
 - 5e. Any opposed? Say "nay one" and so on.
 - 5f. Any abstentions? Say "abstaining one and so on.
 - 5g. The motion is now carried or opposed with ___#___ in favor, ___#___ opposed and ___#___ abstentions.

NEW BUSINESS

5. Is there any new business that the group wants to bring up?
6. (if so) So our first order of business is _____.
7. We open up the floor for discussion on this item.
8. Do we have a motion on this item?
 - 9a. Do we have a second?
 - 9b. Secretary please read the motion.

Ask if there is any further discussion before we vote.

9c. We now go to voting...

9d. All in flavor say "Aye" and state the order of "Aye's...like, "I one" and then "Aye two" and so on.

9e. Any opposed? Say "nay one" and so on.

9f. Any abstentions? Say "abstaining one and so on.

9g. The motion is now carried or opposed with ___#___ in favor, ___#___opposed and ___#___abstentions.

NEW BUSINESS

9. Is there any new business that the group wants to bring up?

10. (if so) So our first order of business is _____.

11. We open up the floor for discussion on this item.

12. Do we have a motion on this item?

13a. Do we have a second?

13b. Secretary please read the motion.

Ask if there is any further discussion before we vote.

13c. We now go to voting...

13d. All in flavor say "Aye" and state the order of "Aye's"
Like "Aye one" and then "Aye two" and so on.

13e. Any opposed? Say "nay one" and so on.

13f. Any abstentions? Say “abstaining one and so on.

13g. The motion is now carried or opposed with ___#___ in favor, _____#_____opposed and _____#_____abstentions.

NEW BUSINESS

13. Is there any new business that the group wants to bring up?

14. (if so) So our first order of business is _____.

15. We open up the floor for discussion on this item.

16. Do we have a motion on this item?

17a. Do we have a second?

17b. Secretary please read the motion.

Ask if there is any further discussion before we vote.

17c. We now go to voting...

17d. All in favor say “Aye” and state the order of “Aye’s”
Like “Aye one” and then “Aye two” and so on.

17e. Any opposed? Say “nay one” and so on.

17f. Any abstentions? Say “abstaining one and so on.

17g. The motion is now carried or opposed with ___#___ in favor, _____#_____opposed and _____#_____abstentions.

Are there any other things someone would like to add before closing?

Serenity Prayer

Meeting is now closed.