

## **Thursday Noon - Technical Information**

### **For the Secretary/Chair to read before leading a phone bridge meeting**

**As the Secretary/Chair for this meeting you will be given a “leader code” that will give you more features on the key pad than other members.**

**Here is some information that will help before dialing into the meeting once you have been given the leader code.**

- 1. Dial the phone number and then use the regular pin number followed by the # sign that everyone else uses.**
- 2. There will be a voice prompt after entering the regular pin # that says “IF YOU ARE THE MODERATOR PLEASE PRESS 1.”**
- 3. Follow the prompt and Press 1.** The word “moderator” and “leader” mean the same thing.
- 4. The voice prompt will again say “PLEASE ENTER THE MODERATOR PIN (Leader Code) number FOLLOWED BY THE # SIGN”.**
- 5. You will join the phone meeting muted after entering the leader code and # sign. Press \*1 to unmute yourself and then introduce yourself as the Secretary/Chair of the meeting. Press \*0 for a menu of all features.**

**Probably one of the most important** services you can give as the Secretary/Chair is **to have the highest sound quality** on the phone bridge system. This means without background noise and weak sound quality. **“Sound”** is all we have for the phone meeting to work.

**Background noise can be taken as disrespectful or interruptive while members are speaking. As a trusted servant you can guide the meeting without background noise or interruptions to the best of your ability.**

**Along with your own skills; here are a few tips and a few pieces of information to help you:**

- 1. Technically the phone bridge system is built for “only” one person to be unmuted at a time. This of course would include, You (the Secretary/Chair) as well as the Timekeeper to stay muted by using the \*1 keys. The timekeeper only unmutes to say “time”. The Secretary/Chair unmutes a few seconds before the member is done sharing to welcome the next share. You can remind the timekeeper to please stay muted except to say “time”. (Only one line unmuted at a time).**

2. **As the Secretary/Chair** (with the leader code) you **are encouraged to use the \*5** to clear the line to address the noise. This ensures that members will be able **to speak so their share can be heard**. Then the member can press the \*1 keys to continue sharing without the previous background noise. **We call this “Cycling Through”**. (Most of the time people forget to mute and don’t know they are not muted). This can be done by saying **“Excuse the interruption, I’m going to clear the line”** and then **press \*5 keys**. You then could say, **“Whoever** was sharing please press \*1 and begin again,” or **“Whoever** would now like to share please press \*1 to unmute yourself.”
  
3. **Some meetings have multiple readers. The extra unmuted lines will cause the reading to be heard by some but not by other members. Here are some suggestions.**
  1. **Organize the readers so they know the order they will be reading.**
  2. **Then tell the rest of the readers to mute until a few seconds before it is their turn to read.**
  3. **After each member reads remind them to mute again.**
  4. **(AS A Rule of Thumb), just because you can hear does not mean that other members can. These phones meetings have global coverage. Not all phones have equal sound. Only one line unmuted at a time will keep a clear worldwide phone line for everyone during the meeting.**

**These 4 technical points can promote safety, warmth and recovery similar to face to face meetings. This was written to assist you to know and understand the phone bridge technical features.**

**Thank you** for taking the time to read these suggestions. If you need help, just ask. **Congratulations on doing service and beginning the flow that opens our heart to what it already knows---that we all need each other.**

**Sincerely,  
Your Web Coordinator**

# The Meeting Format Starts Now

(This is the part you read out loud)

## FORMAT:

Al-Anon's Thursday Noon 3 Meditation Books Meeting

## **INTRODUCTION:**

1. Hi, my name is \_\_\_\_\_, a grateful Al-Anon member and your secretary for this meeting.
2. This is a one hour and fifteen minute meeting
3. **Phone Etiquette:**
  - a. Prior to joining the meeting, we ask members to temporarily disable their call waiting by dialing \*70 before calling the number to the phone bridge (example \*70-1-712-432-8733). If a member does not disable their call waiting, we may hear your conversation or beeping.
  - b. When you dial in, you will start the conference being muted.
  - c. Stay muted at all times unless you are sharing. You can un-mute by pressing your \*1 keys. You will hear a voice saying "you are now un-muted". Some phones do not have a long enough beep for the muting and un-muting to happen. You may have to press \*1 several times for this function to work. When the voice comes on, you will know that the \*1 keys have worked.
  - d. We ask members to use the \*1 keys to mute even if they have a mute function on their individual phones. The \*1 keys ensures the greatest sound strength for the entire phone line and provides the greatest service to all members of the phone bridge during the meeting.
  - e. Please do not use a speaker phone for sharing or we will all hear an echo. Some speaker phones will not mute even when pressing your \*1 keys.
  - f. To hear a menu of all the features--such as volume control or member count--simply press \* by itself.
4. Let's open with a moment of silence for those family members still suffering inside and outside of these rooms, 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.  
(Al-Anon/Alateen Service Manual pg. 10)

**READINGS:** Leader reads:

**Chairperson or volunteer reads:**

Suggested Al-Anon/Alateen Welcome (How Al-Anon Works pg.8-9)

**Secretary ask for volunteers to read:**

- a. **Preamble to Al-Anon's 12 Steps**, 2 Pages before January 1 in all three mediation books
- b. **Al-Anon's 12 Steps** found one page after December 31 in all three mediations books
- c. **One Tradition & One Concept** of the month (one and two pages respectively after the 12 Steps in all three of the meditation books)

**ANNOUNCEMENTS:**

5. **7th Tradition:** Al-Anon is fully self-supporting declining outside contributions. We do have expenses related to our website. You may send voluntary contributions to WSO and state that it is from Thursday Noon Meeting WSO ID 0050406, or go to [www.alanonphonemeeting.org](http://www.alanonphonemeeting.org) click on contributions, or give at face to face meetings.
6. Do we have any available Al-Anon sponsors?
7. Do we have a volunteer who will stay of the line after the meetings to answer questions about Al-Anon or to explain the phone etiquette?

Are there any newcomers on the phone bridge today and you can press your \* 1 key to un-mute yourself and state your name so we may greet you?

We reserve the last ten minutes of the meeting especially for newcomers to share, however New Comers may share at anytime and as well members who normally are quiet so that everyone on the phone bridge has an opportunity to share.

8. Meeting Schedule will be read at the end of the meeting after Numbers are given out.
9. Are there any Al-Anon related announcements?
10. Business meeting is on the 1<sup>st</sup> Thursday of the Month. (a general format for business meetings can be downloaded from [phonemeetings.org/schedule.htm](http://phonemeetings.org/schedule.htm) under OTHER INFORMATION: Individual Business Meeting Format)
11. Let's go around the globe and introduce ourselves. Hi, I am \_\_\_\_\_(Name)\_\_\_\_\_ from (\_\_\_\_\_State\_\_\_\_\_)

**MEETING TOPIC:**

12. We will Read Al-Anon's three mediation books for today's date. Will someone please begin the reading? (The meditation or daily readers are: One Day at a time, Courage to Change, Hope for Today)
13. **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 and identify with the Al-Anon approach for the family illness. Ours is a different experience and calls for a different interpretation.
14. Personal progress for the greatest number depends on the safety of the group.
- Please resist the desire comment on another person's share. Your intention may be to show support, but could be misinterpreted.
  - Please remember to speak from the "I perspective" when you share.
15. We have three minute shares. Do we have a volunteer to be our spiritual timer? We ask the spiritual timekeeper to stay muted until it's time to call time, and please acknowledge the timekeeper by saying thank you or I'll wrap up. Would the spiritual timer like to share first? We will now open sharing for newcomers and for those who do not regularly share.

**CLOSING (Ten minutes after the top of the hour):**

This is a gentle reminder that we refrain from repeating details of others shares when requesting phone numbers. We ask for names only.

16. Please call out the names of members you would like telephone numbers from after we close the meeting?

**Chairperson or volunteer reads:**

**Suggested Al-Anon/Alateen Closing (How Al-Anon Works pg. 380 or pg.396)**

17. **The Al-Anon Declaration:** (Paths to Recovery pg. IX or Al-Anon/Alateen Service Manual pg. 22)

18. **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.  
(Al-Anon/Alateen Service Manual pg. 12)

21. **Telephone Numbers:** Hello is \_\_\_\_\_ still on the line? Would you like to give out your phone number? What is a good time to call? Is it safe to leave a message on your machine?
22. **Meeting schedule** can be accessed on the web at [www.phonemeetings.org](http://www.phonemeetings.org). Format changes and website related requests can be emailed to [phonemeetingsweb@yahoo.com](mailto:phonemeetingsweb@yahoo.com). All other general questions can be sent to [phonemeetingsinformation@yahoo.com](mailto:phonemeetingsinformation@yahoo.com). To find a meeting go to Al-Anon.org Or call (712)432-8774 Pin Code number 52639#.

**Meeting Schedule** on the same phone and pin number as you dialed in on

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

23. We, Now open up a space for people to announce other Al-Anon meetings with different phone numbers and pin numbers. Do we have anyone that would like to announce a different Al-Anon meeting?

24. Does anyone want the more detailed (books read and type of format) version of the meeting schedule?

25. Secretary/Chair now turns the meeting over to the newcomer greeter.

## **All Eastern Time Zones**

6:00am

**Saturday Just For Today Three Meditation Books**

8:00am

**Sunday**, Early morning Rise & Shine Step Study

**Saturday** Early Morning Speaker Meeting

9:00am

**Monday** 3 Daily Meditation Books ODAT/Courage to Change/Hope for Today

**Tuesday** Step 1 How Al-Anon Works/12 and 12/ Paths to Recovery/ 3 Meditation Books

**Wednesday** Step 2 How Al-Anon Works/12 and 12/ Paths to Recovery/ 3 Meditation Books

**Thursday** Gratitude 3 Meditation Books

**Friday** Step 3 How Al-Anon Works/12 and 12/ Paths to Recovery/ 3 Meditation Books

10:00am

**Saturday** Paths to Recovery Tradition Meeting

11:00am

**Sunday** Step/Tradition/Concept/3 Mediations Paths to Recovery

12:00 Noon

**Monday** Day A Topic from the 3 Meditation Books

**Tuesday** Al-Anon 12 & 12

**Wednesday** from Survival to Recovery

**Thursday** Al-Anon's 3 meditation Books

**Friday** Speaker Meeting

**Saturday** Hope for Today Meditation Book

2:00pm

**Sunday** Paths to Recovery Book Study Meeting

4:00pm

**Monday** Beginners Meeting 3 Meditation Books/How Al-Anon Works/Beginners Pamphlet

**Tuesday** 10<sup>th</sup> Step How Al-Anon Works/12 and 12/ Paths to Recovery/ 3 Med.Books

**Wednesday** 11<sup>th</sup> step Guided Mediation Paths to Recovery/ How Al-Anon Works/3 Med

**Thursday** Slogans How Al-Anon Works/3 Mediation Books

**Friday** 12<sup>th</sup> step

**Saturday** Opening our Hearts

**Sunday** Transforming our Losses

8:00pm

**Monday** from Survival to Recovery

**Tuesday** Topic discussion from 3 meditation books

**Wednesday** Beginner's meeting How Al-Anon works

**Thursday** Step/Tradition/Concept/3 Mediations Paths to Recovery

**Friday** How Al-Anon Works

**Saturday** Speaker meeting

**Sunday** Steps and Traditions How Al-Anon works

10:00pm

**Monday** 4<sup>th</sup> Step WRITING Workshop Blue Print for Progress

**Tuesday** Discovering Choices LBGTO

**Thursday** 4<sup>th</sup> Step WRITING Workshop Blue Print for Progress

**Friday** Recovering in Al-Anon The Dilemma of the Alcoholic Marriage

**Saturday** Traditions Meeting How Al-Anon Works/Paths to Recovery

**Sunday** Sharing Our Recovery The Forum Stories

12 midnight

**Thursday** 3 Daily Readers 3 Mediations Books