

## **“AL-ANON SPOKEN HERE” MEETING FORMAT**

### **INTRODUCTION:**

Hi, my name is \_\_\_\_\_, a grateful Al-Anon member and your secretary for this meeting. Welcome to the “Al-Anon Spoken Here” meeting. This meeting runs 1 hour and 15 minutes.

### **SERENITY PRAYER:**

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.

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:**

Volunteers are needed to read:

**1. Suggested Preamble to the 12 Steps (found on the page before Jan 1 in all daily readers)**

**2. Al-Anon 12 Steps(found in the page after Dec 31 in all daily readers)**

**Let’s go around the globe and introduce ourselves. Hi, my name is \_\_\_\_\_ from \_\_\_\_\_.**

### **MEETING TOPIC:**

We read from “Al-Anon Spoken Here” pamphlet P53. May we take a quick count of the number of brochures available on the line today?

### **FORMAT:**

Leader asks for volunteers to read 4 questions and answers from the brochure.

2. Leader asks for a volunteer to speak for 5 minutes about the reading.

### **SPIRITUAL TIMEKEEPER:**

We have 3 minute shares. Do we have a volunteer to be our spiritual timer? Would the spiritual timer like to share first?

1. The floor is open for shares at this time.

**The meeting closes at 15 minutes after the hour.**

**CLOSING:**

Thank you to all who shared, read, and timed.

2. Let's close with Al-Anon's Declaration followed by the Serenity Prayer.

3. Could we have a volunteer to be the secretary for the next meeting:

**MEETING SCHEDULE:**

JANUARY 2, 2016

FEBRUARY 6, 2016

MARCH 5, 2016

APRIL 2, 2016