Tuesday 10pm - Technical Information
There is helpful information for chairing meetings at:
http://phonemeetings.org/information.htm

FORMAT:
Al-Anon’s Tuesday 10pm Choosing Self-Love

INTRODUCTION:
Welcome to the Tuesday 10pm, Choosing Self-Love meeting. Hi, my name is ________________, a thankful Al-Anon member and your Chair for this meeting. Our meeting lasts for 1 hour and 15 minutes. Closing begins 10 minutes after the hour. We read and share on stories from Discovering Choices.

1. PHONE ETIQUETTE:

a. We ask members to use the *1 keys to mute, even if they have a mute function on their phones. The *1 keys ensure the greatest sound strength for the entire phone line, providing the greatest service to all members of the phone bridge during the meeting.

b. Please do not use a speakerphone for sharing, or we will all hear an echo. Some speakerphones will not mute even when pressing your *1 keys.

c. To hear a menu of all the features--such as volume control or member count--simply press * by itself.

2. 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)

Chair may read or ask for a volunteer to read:

3. SUGGESTED AL-ANON WELCOME found in “How Al-Anon Works,” page 8 or in the Al-Anon Alateen Service Manual pgs.10 – 11.
4. SECRETARY ASKS VOLUNTEERS TO READ:
   Preamble to Al-Anon’s 12 Steps (2 Pages before January 1 in all three mediation books)
   Al-Anon’s 12 Steps (one page after December 31 in all three mediations books)
   One Tradition & One Concept of the month (one and two pages respectively after the 12 Steps in all three meditation books)

5. ANNOUNCEMENTS:
   7th Tradition: Al-Anon is fully self-supporting, declining outside contributions. We ask that you send your contributions to WSO and state that it from the Tuesday 10pm meeting WSO ID # 30734690 or make donations at face to face meetings.
   Do we have any available Al-Anon sponsors?
   Do we have a volunteer who will stay of the line after the meetings to answer questions about Al-Anon and to explain the phone etiquette?
   Are there any newcomers on the phone bridge today? You can press your *1 keys to un-mute and state your name so we may greet you. We reserve the last fifteen minutes of the meeting especially for newcomers to share or for members who normally are quiet so that everyone on the phone bridge has an opportunity to share.

   Business Meeting is held on the 1st Tuesday of the Month.
   Let’s go around the globe and introduce ourselves. Hi, I am ______(Name) from (_______State___)

6. MEETING TOPIC:
   We will Read one story a week from the Al-Anon’s Discovering Choices Book and then open up for sharing. Who would like volunteer to do the reading?

   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.
We have three minute shares. Do we have a volunteer to be our spiritual timekeeper? Would the spiritual timekeeper like to share first? We ask the timekeeper to stay muted except to come in to gently say time at three minutes. And we ask those who share to acknowledge that they have heard the timekeeper, and wrap up their share.

**Fifteen minutes before the meeting closes:** We are now at fifteen minutes before the close of the meeting; we will now open up the sharing for newcomers or for those members who do not regularly share.

7. CLOSING (Five minutes before the top of the hour):

**SUGGESTED AL-ANON CLOSING:**
Chair reads or asks a volunteer to read the Al-Anon closing found on page 22 in the Al-Anon Alateen Service Manual or page 396 in the new version of How Al-Anon Works or page 380 in the old version of How Al-Anon Works.

**The Al-Anon Declaration:** (It can be found in *Paths to Recovery* Roman Numeral page IX (9)

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8. Telephone Numbers:

**CONTACT INFORMATION:** Would anyone like to have contact information from another member or leave their information for outreach?

**THE MEETING IS NOW CLOSED.**

**MEETING INFORMATION**

a. Information on all registered meetings can be found on Al-Anon’s website: [al-anon.org](http://al-anon.org) or by calling our World Service Office (WSO) at (757) 563-1600. For face-to-face meetings call WSO’s automated phone number: 888-4AL-ANON (888-425-2666).

b. Meeting schedules and formats for this phone line can be found at [phonemeetings.org](http://phonemeetings.org). If the line goes down, the backup number is (425) 436-6200 PIN: 335289#. Press *6 to mute and unmute. For members without web access,
meeting information for this line can be found at (712) 432-8733 PIN: UNITY411#. The backup number for meeting information is (425) 436-6202, PIN: 335289#, Reference Number: 1#.

c. Format changes and website postings can be emailed to phonemeetingsweb@yahoo.com. General questions can be sent to phonemeetingsinformation@yahoo.com. For inquiries regarding leader codes, dashboard monitors and technical issues with the phone line, email phonemonitorteam@yahoo.com. For workshop ideas, suggestions and concerns, email phonemeetingsforum@yahoo.com.

d. Would anyone like to announce any other Al-Anon phone meetings?

Is there a member who would like to volunteer to stay on the line to answer any newcomer questions and continue the fellowship? This fellowship may continue up to the next scheduled meeting as long as 2 or more members are on the line.