

Friday 8pm - Technical Information

There is helpful information for chairing meetings at:

<http://phonemeetings.org/information.htm>

FORMAT:

Al-Anon's Friday 8pm Al-Anon Personal Stories

INTRODUCTION:

Welcome to the Al-Anon Personal Stories meeting which uses the How Al-Anon Book.

- 1. Hi, my name is _____, a grateful Al-Anon member and your secretary for this meeting.**

This meeting lasts for 1 hour and 15 minutes. Closing begins at 10 minutes after the hour.

If our reading tonight from "HOW AL-ANON WORKS" is more than 6 pages, we can extend the meeting by 15 minutes and begin the close at 25 minutes after the hour.

Phone Etiquette:

Please disable your call waiting before dialing into the meeting and don't share on a speaker phone or we will all hear an echo. Please stay muted at all time unless you are sharing.'

- 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**

**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:

SUGGESTED AL-ANON WELCOME

Would someone please read Al-Anon's "**Welcome**" from **How Al-Anon Works** page 8 or in the Al-Anon/Alateen Service Manual, page 10 or 12 in the older version.

ASK FOR A VOLUNTEER to read;

PREAMBLE to the Twelve Steps (front of Hope for Today and Survival to Recovery)

THE TWELVE STEPS (Back of all Three Meditation Books)

THE TRADITION AND CONCEPT OF THE MONTH (Back of Three Meditation Books)

(In December, Concept 12 includes the reading of the GENERAL WARRANTIES found below the 12 Concepts)

INTRODUCTIONS:

Now let's go around the globe and introduce ourselves.

Hi, I am _____ (Name) _____ from (_____ State _____)

Are there any newcomers on the line today? Please press *1 so that we can greet and welcome you.

ANNOUNCEMENTS:

1. 7th Tradition: Al-Anon is fully self-supporting, declining outside contributions. We ask that you send your contributions to WSO stating that your payment is **FROM** the Friday 8PM AFG Personal Stories meeting, and/or **WSO (read slowly please) #30734944**, or make donations at face to face meetings.
2. Do we have a volunteer to answer newcomer questions after the meeting ends. We reserve the last ten minutes of the meeting especially for newcomers to share, however, newcomers may share at any time, as well as members who normally are quiet, so that everyone on the phone bridge has an opportunity to share.
3. In this meeting there is a time to announce other Al-anon meetings after the close.

Are there any Al-anon related announcements?

[**Business meeting** is on the 1st Friday of the month]

MEETING TOPIC:

4. This is a read and share meeting. We will be reading How Al-Anon Works. We read one story from the second half of How Al-Anon Works then open

up the meeting for sharing. Let see how many people have Books. So let's count off, as follows "I have 1 ,,,, next I have 2 and etc." I'll start... I have 1

5. Ok so we have _____ many books. Let's start the reading.
6. 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.
7. For the anonymity and safety of all members we suggest that;
 1. We refrain from commenting on member's shares by keeping the focus on ourselves.
 2. We refrain from repeating details of others shares when requesting phone numbers.
We ask for names only.
8. We have three minute shares. Do we have a volunteer to be our spiritual timer to come in and out of mute to save time? Would the spiritual timer like to share first?
9. **AT THE TOP OF THE HOUR;**
We are now at the top of the hour before the close of the meeting. We will now open up the sharing for newcomers or for those members who do not frequently share.

CLOSING (Ten minutes after the hour):

10. If you would like to request someone's phone number, please call out their name and we will try to collect the numbers now.
11. **Leader reads** the Suggested Al-Anon Closing found in **How Al-Anon Works** page 396 or page 380. In addition "**The Closing**" can be found in the Al-Anon Alateen Service Manual page 22 or 24.

All who care to please press your *1 key and join me in**The Al-Anon Declaration** , followed by **The Serenity Prayer**. It can be found in *Paths to Recovery* Roman Numeral page 9 and the Al-Anon/Alateen Service Manual page 22 or 24.

THE MEETING IS NOW CLOSED

MEETING INFORMATION

a. Information on all registered meetings can be found on Al-Anon's website: 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. 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 schedule information for this line can be found at (712) 432-8733 PIN: UNITY411#. The backup number for the meeting schedule 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?

Secretary turns the meeting over to the newcomer greeter.