

Thursday 8pm - Technical Information

There is helpful information for chairing meetings at:

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

FORMAT:

Al-Anon's Thursday 8pm Recovery in the Legacies Meeting – Using Paths to Recovery

INTRODUCTION:

1. Hi, my name is _____, a grateful Al-Anon member and your secretary for this meeting.
2. This meeting is an hour and fifteen minutes. And, we will begin the closing at 9:10 EST for members to share their telephone numbers.

3. **Phone Etiquette:**

Please disable your call waiting by dialing *70 before dialing into this phone meeting. Do not share on a speaker phone or we will hear an echo and please stay muted at all times unless you are sharing.

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:

5. **Chair/Secretary will read or ask a volunteer to read:** The Suggested Al-Anon/Alateen Welcome. (This can be found in How Al-Anon Works Pg. 8 or Al-Anon/Alateen Service Manual pg. 10.)

WE NOW NEED THREE VOLUNTEERS TO READ (From Paths to Recovery Book)

- a. **Suggested Preamble to the 12 steps** (found page before Jan 1 in all daily readers)
- b. **Al-Anon 12 Steps** (found in page after Dec 31 in all daily readers)
- c. **Al-Anon Tradition and Concept of the month** (found Page 371 in

Courage to Change, or 371 in Hope for Today. 296 in Survival to Recovery)
(IN THE MONTH OF DECEMBER PLEASE READ CONCEPT 12 AND ALL 5
GENERAL WARRANTIES)

6. **7th Tradition:** Al-Anon is fully self-supporting, declining outside contributions. Please send your contributions to World Service and state that it is from the Thursday 8pm Meeting Path's to Recovery Meeting, **WSO ID 30733489** or donate at your face to face meetings.

ANNOUNCEMENTS:

7. Are there any Al-Anon related announcements? Please be reminded that if you wish to announce a phone meeting with a different phone and pin number, you can do so after the list of scheduled meetings with this phone and pin number is read.

[Business Meeting is held the 1st Thursday of the Month]

8. Let's go around the globe and introduce ourselves. Hi, I am _____ from _____.
9. Do we have any Al-Anon newcomers today? Either newcomer to Al-Anon or to this phone bridge? Please give us your first name so we may greet you!

10. **MEETING TOPIC:**

This meeting focuses on the Al-Anon book "Paths To Recovery."

a. First Thursday: We read the corresponding Step for that month, beginning on page, _____, stopping at "Member's Share." Could we have _____ volunteers to read.

b. Second Thursday: We read the corresponding Tradition for that month, beginning on page _____, stopping at Members Share. Could we have _____ to read.

c. Third Thursday: We read the corresponding Concept for that month, beginning on page _____, stopping at Members Share. Could we have _____ to read.

d. Fourth Thursday of the month: Could we please have 3 volunteers to read from "One Day at a Time", "Courage to Change", "Hope for Today" for today's date.

e. Fifth Thursday: Speaker selects a topic. Could we please have a volunteer to shares for 15-20 minutes on that topic.

One Day at a Time

Courage to Change

Hope for Today

- 11. ANONMITY 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.

Secretary repeats topic.

- 12. TIME KEEPING:** We have three minute shares. Do we have a volunteer to be our spiritual timer? Would the spiritual timer like to share first?

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- 13. 10 minutes before the meeting closes (at the top of the hour):** We are now at 10 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.

- 14.** It's now time to close the meeting. Thank you all for the shares, those who read, and those who listened.

Chair/Secretary will read or ask a volunteer to read: The Suggested Al-Anon /Alateen Closing. (This can be found in How Al-Anon Works pg. 380, or page 396. Also, Al-Anon/Alateen Service Manuel pg.22.)

- 15. Please call out the names of members** you would like telephone numbers from after we close the meeting, after the Al-Anon declaration.

- 16.** Do we have a volunteer on the line today that can stay after the phone meeting and greet newcomers and provide information on the phone etiquette or on Al-Anon?

- 17. Secretary/Chair will ask members** to unmute and join in saying the Al-Anon Declaration which can be found in Paths to Recovery Roman Numeral 1X() or the Al-Anon/Alateen Service Manual Pg. 22.

18. Please call out the name of people you would like to get a telephone number. After the Al-Anon closing would those people please stay on the line and give their phone numbers.

19. 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)

20. **Telephone Numbers:** Hello is _____ still on the line? Would you like to give out your phone number? What is your time zone? When is the best time to reach you? Is it safe to leave a message if you are not home?

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?

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

Secretary/Chair turns the meeting over to the member who is staying on the line to answer questions about the Al-Anon phone meetings or to explain the phone etiquette.

Suggested Newcomer Greeter Information

These are suggestions for the newcomer greeter:

+ Role of Newcomer Greeter (should have at least a year of Al-Anon recovery):

1. Say: As a newcomer, you may feel that you are here for the alcoholic. That your presence here may teach you how to stop the alcoholic from drinking. The truth is that you are here for YOU, and not for the alcoholic. You will learn that you did not CAUSE the alcoholic to drink, you cannot CONTROL the alcoholic's drinking and you cannot CURE the alcoholic. This is YOUR program to help you to recover from the effects of living with, or having been affected by, an alcoholic.
2. Say: Al-Anon suggests you try six different meetings before deciding whether or not Al-Anon is right for you.
3. The 3 C's...we didn't Cause it, we can't control it and we can't cure it
4. Say: Al-Anon Conference Approved Literature (CAL) can be purchased at face-to-face meetings or in the Online Store on the official Al-Anon website: Al-Anon.org
5. Can speak about the books to purchase
6. Ask for questions from Newcomers (people new to Al-Anon in the last three months)
7. Conduct Q&A with newcomers
8. Invite Newcomers to share