

Thursday Midnight - Technical Information
There is helpful information for chairing meetings at:
<http://phonemeetings.org/information.htm>

FORMAT:

AFG Midnight Daily Readers Meeting

INTRODUCTION:

1. Hi, my name is _____, a grateful Al-Anon member and your secretary for this meeting.
2. This meeting will stop at the top of the hour for members to share their telephone numbers.

3. **Phone Etiquette:**
 - a. You'll enter the meeting being muted.
 - b. Un-mute and mute with *1 keys.
 - c. Do not share on a speaker phone.
 - d. Please stay muted at all times unless sharing

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)

SUGGESTED AL-ANON WELCOME

Chairperson or volunteer reads:

Suggested Al-Anon/Alateen Welcome (How Al-Anon Works pg.8-9 or Al-Anon/Alateen Service Manual pgs. 10-11)

WE NOW NEED THREE 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:

- a. **7th Tradition:** Al-Anon is fully self-supporting, declining outside contributions. We ask that you send your contributions to WSO stating that it is from the **Midnight Three Daily readers WSO ID 30731494** or make donations at face to face meetings. We will give that information after the meeting closes.
- b. Do we have any available Al-Anon sponsors?
- c. 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 or for members who normally are quiet so that everyone on the phone bridge has an opportunity to share.

- d. Meeting time schedule will be read at the end of the meeting after Numbers are given out.
- e. Are there any Al-Anon related announcements?

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

- f. Let's go around the globe and introduce ourselves. Hi, I am _____(Name)_____ from (_____ State _____)

MEETING TOPIC:

- a. We will read Al-Anon's Three Meditation Books for today's date, based on the Pacific Time zone". Will someone please begin the reading? **(The meditation or daily readers are: One Day at a time, Courage to Change, Hope for Today)**
The topic is the three meditation books for today's date.
- b. **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.

- c. We have four minute shares. Do we have a volunteer to be our spiritual timer? Would the spiritual timer like to share first?
- d. **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.

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

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 or Al-Anon/Alateen Service Manual pg.22)

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

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)

Telephone Numbers: Hello is _____ still on the line? Would you like to give out your phone number? What area code are you? What is a good time to call? Is it safe to leave a message on your machine?

THE MEETING IS NOW CLOSED

Phone Numbers & 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 AI-Anon phone meetings?

Secretary / Chair now turns the meeting over to the newcomer greeter. On business meeting day, please request that the newcomer greeter leave their phone number for members to call with any questions.