Al-Anon Meeting Opening Statement

“We welcome you to the __________ Al-Anon Family Group Meeting, and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated but in Al-Anon we discover that no situation is really hopeless and that it is possible for us to find contentment and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The Al-Anon program is based on the suggested Twelve Steps of Alcoholics Anonymous, which we try, little by little, one day at a time, to apply to our lives along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of Al-Anon literature thus make us ready to receive the priceless gift of serenity.

Al-Anon is an anonymous fellowship. Everything that is said here, in the group meeting and member-to-member, must be held in confidence. Only in this way can we feel free to say what is on our minds and in our hearts, for this is how we help one another in Al-Anon.”

Introductions by First Name Only

Go around the room and each person who care to can say their first name.

Al-Anon Announcements or Business

Take time to ask if anyone has any Al-Anon related announcements before the start of the topic portion of the meeting.

Proposed Meeting Schedule

1st Week – Step Meeting
(Corresponds to present month -- 4th Step in the fourth month--April... and so on.)

2nd Week – Topic

3rd Week – Tradition (Corresponds to present month)

4th Week – Topic

5th Week – Open Discussion (each person picks their own topic)

Al-Anon Closing Statement

“In closing, we would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven’t been with us long: Whatever your problems there are those among us who have had them, too. If you try to keep an open mind you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

We aren’t perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you’ll discover that though you may not like all of us you’ll love us in a very special way, the same way we already love you.

Talk to each other, reason things out with someone else but let there be no gossip or criticism of one another. Instead, let the understanding love and peace of the program grow in you one day at a time.

Would all who care to join me in the Closing Prayer.”

(The Serenity Prayer or Lord’s Prayer, as the Monitor chooses.)