

Suggested Al-Anon Meeting Format
for Teleconferencing (as of March 2020)

<p style="text-align: center;">INTRODUCE YOURSELF</p> <p style="text-align: center;">&</p> <p style="text-align: center;">SERENITY PRAYER</p>	<p>Hello, I'm _____ . I'll be the MONITOR for this meeting.</p> <p>Then read the following:</p> <p>Online meetings seem to be best conducted when only one individual at a time is speaking. With that in mind, I will say the Serenity Prayer, followed by a moment of silence. All other members can say it to themselves, as I recite it. Thank you.</p>
<p style="text-align: center;">READ PREAMBLE</p>	<p>Suggested Al-Anon Preamble to the 12 Steps</p> <p>The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.</p> <p>Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.</p> <p>Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.</p>
<p style="text-align: center;">NEWCOMERS?</p>	<p>Ask if there are any Newcomers. If so, read the Newcomers welcome below. It's after the closing statement on the bottom of the 2nd page of this format.</p>
<p style="text-align: center;">STEPS & TRADITIONS</p>	<p>If you have one of our daily readers, please open your book to the 12 Steps & 12 Traditions, if you care to follow along.</p> <ul style="list-style-type: none"> ▪ Have one person read all the steps. ▪ Have another individual read all the Traditions (unless your group only reads just one corresponding Tradition to the present month)
<p style="text-align: center;">TIME FOR INTRODUCTIONS</p>	<p>The MONITOR will call each participant's name. The group can acknowledge each individual after her/his name is called.</p>
<p style="text-align: center;">ANNOUNCEMENTS</p>	<p>If you wish to leave the meeting at any time, simply hang up if you dialed in by phone; or, find the LEAVE button on your computer or web-enable device and simply tap it.</p>
<p style="text-align: center;">PICK A SUBJECT</p>	<p>Based on what your group normally does, pick a Step, Tradition or Topic to use as a basis for SHARING.</p>
<p style="text-align: center;">BEFORE SHARING</p>	<p>Before Sharing we would like to remind everyone to refrain from cross-talk. Cross-talk has been defined as interrupting another person, giving advice, directly commenting about someone's share (except to say you relate to it), holding private conversations or otherwise injecting opinions or comments in an inappropriate fashion. Please strive to keep the focus of your sharing on yourself and not on the alcoholic or other people.</p>

<p>CLOSING</p>	<p>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.</p> <p>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.</p> <p>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 silently follow along, in our Closing Prayer.</p>
<p>LOG OUT</p>	<p>Members can HANG UP, or LEAVE the meeting. Those who wish to stay and talk for a time, can certainly do so.</p>
<p>NEWCOMER WELCOME</p>	<p>“As a newcomer, you are a guest and nothing is required of you. You can participate in the meeting or simply sit and listen, as you wish.</p> <p>We all know what it is like to attend our first few meetings and wish to extend to our sincere thanks to you for coming today.</p> <p>We begin the meeting by reading from our literature and then going over announcements. Of course, this process will be unfamiliar. This is normal. Our format will become clear, if you decide Al-Anon may be helpful for you. You are encouraged to attend 6 meetings, here or any other meetings you wish, before you decide if Al-Anon may be for you.</p> <p>Now, and always, you are welcome here.</p>