

A Suggested Format for Conducting an AI-Anon Meeting on the Phone

1. Welcome, Ladies and Gentlemen. This is the regular Recovery Bridge Community meeting of the (what day and time is it?) group of AI-Anon. My name is _____, I am a grateful member of AI-Anon, and your secretary for today's meeting.
2. Today's AI-Anon meeting will be conducted in the same format as other in-person Alanon meetings that are held in church basements and hospital conference rooms in many North American cities and towns. The conventional format starts with:
 - A moment of silence, which is followed by ...
 - The Serenity Prayer, which is followed by ...
 - The Alanon Welcome. We then read ...
 - The Preamble to the Twelve Steps. (pause) We will then ...
 - Read the Twelve Steps and Twelve Traditions. We then ...
 - Greeting all who are attending. We then offer a ...
 - Reminder: "Whom you see here, What you hear here, Let it stay here."
 - Reports and Announcements - Phone list, availability of sponsors, service opportunities
 - The Program (topic presented by a member with others sharing or passing). We then ...
 - Pass the basket ... (pause)
 - And in closing, we read The Suggested Closing
 - Followed by the AI-Anon Declaration

A complete and downloadable copy of the format and content of today's meeting is available in PDF format from our web site: <http://www.RecoveryBridge.com/AI-AnonMeetingFormat.pdf>

(pause)

3. Let us open the meeting with a moment of silence to do with as you wish followed by the Serenity Prayer. (wait 5 seconds)

"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"

4. We welcome you to The Recovery Bridge Community AI-Anon Family Group 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 AI-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 that it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the AI-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 AI-Anon program is based on the Twelve Steps (adapted from 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 AI-Anon literature thus make us ready to receive the priceless gift of serenity.

AI-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 in our minds and hearts, for this is how we help one another in AI-Anon.

5. It is the custom of this group to now read the Preamble to the Twelve Steps:

The AI-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.

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.

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.

6. Because of their proven power and worth, AA's Twelve Suggested Steps have been adopted, almost word for word, by Al-Anon. They represent a way of life appealing to all people of good will, of any religious faith, or of none.
 1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
 2. Came to believe that a Power greater than ourselves could restore us to sanity.
 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
 4. Made a searching and fearless moral inventory of ourselves.
 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
 6. Were entirely ready to have God remove all these defects of character.
 7. Humbly asked Him to remove our shortcomings.
 8. Made a list of all persons we had harmed, and became willing to make amends to them all.
 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
 10. Continued to take personal inventory and when we were wrong promptly admitted it.
 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

7. The Traditions that follow bind us together in unity. They guide the groups in their relations with outer groups, with AA and the outside world. They recommend group attitudes toward leadership, membership, money, property, public relations, and anonymity. The Traditions evolved from the experience of AA groups in trying to solve their problems of living and working together. Al-Anon adopted these group guidelines and over the years has found them sound and wise. Although they are only suggestions, Al-Anon's unity and perhaps even its survival are dependent on adherence to these principles.
 1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
 2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
 3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
 4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
 5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
 6. Our Al-Anon Family Groups ought never endorse, finance, or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
 7. Every group ought to be fully self-supporting, declining outside contributions.
 8. Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.
 9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
 10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films. We need guard with special care the anonymity of all AA members.
 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

The Twelve Steps and Twelve Traditions are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A. is in any way affiliated with this program. A.A. is a program of recovery from alcoholism only - use of the Steps and Traditions in

connection with programs and activities which are patterned after A.A., but which address other problems, or in any other non-A.A. context, does not imply otherwise.

(pause)

This concludes our opening reading of the “Twelve Steps” and “Twelve Traditions.”

8. It is also a custom of this group to go around our virtual conference room here, and introduce ourselves by our first name only, indicating the city or town and state in which we each reside. We also invite new members to introduce themselves at this time so that we may get to know you, and possibly exchange phone numbers and/or e-mail addresses. A new member is anyone who has a desire to stop drinking, and is within their first thirty days of sobriety.

(those attending to introduce themselves)

9. This is the time during the meeting to make any announcements about group business, and to ask for any AI-Anon related announcements from those attending today’s meeting.
 - a. First, we ask you to frequently check our web site: www.RecoveryBridge.org for announcements of coming events. Currently the web site announces a number of 30-minute recovery-program meetings that will be held at different times Monday through Friday.
 - b. Are there any other announcements from those attending today’s meeting?

10. This is “The Program” portion of today’s meeting. During this time a topic or a reading from AI-Anon conference-approved literature is presented by a member with others sharing or passing. And today, _____ has volunteered to read or offer a topic for discussion.

(read the literature selection, and/or share on the discussion topic)

11. And, this concludes “The Program” portion of our meeting. We “Pass our virtual Basket” while making the 7th Tradition announcement.

The Seventh Tradition states that “Every group ought to be fully self-supporting, declining outside contributions.” In this Alanon group, we have no dues or fees. We are entirely self-supporting. You have the opportunity to contribute to the self-support of this meeting on the Home Page and 7th Tradition page of our web site.

Self-support for this meeting includes fees for the telephone and Internet services that we use, and the other services that support the conference call form of AI-Anon meeting. The remainder of our contributions, after meeting expenses are made, are distributed to the local AI-Anon District, Area Assembly, and World Services of AI-Anon.

A current Treasurer’s Report for the AI-Anon meetings held at The Recovery Bridge Community is available for viewing on the Seventh Tradition of our web site at <http://www.RecoveryBridge.org/>.

(pause)

12. Thank you all for attending, particularly those who shared.

13. In closing, I 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.

Will all who care to, join me in a closing prayer.

14. Let It Begin With Me

When anyone, anywhere,
reaches out for help —
let the hand of Al-Anon and
Alateen always be there, and —
Let It Begin With Me.

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