

Thursday 4pm - Technical Information

There is helpful information for chairing meetings at:

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

FORMAT:

THURSDAY 4PM - WORKING OUR SLOGANS BEGINNERS' MEETING

This meeting will last for one hour and fifteen minutes. Closing begins 12 minutes after the hour.

INTRODUCTION:

Hi, my name is _____, a grateful Al-Anon member and your secretary for this meeting.

We welcome you to the Thursday 4pm WORKING OUR SLOGANS Beginners' Meeting. The intention of this meeting is for newcomers to Al-Anon to feel welcome and to know how important you are to our fellowship. All Al-Anon members are always welcomed here.

The topic for this meeting is the study of AL-ANON'S 16 SLOGANS, which can be found on Al-Anon.org. We hope that the reading of the Slogans will help the newcomer feel part of our Al-Anon Family Group.

2) Let all who wish to unmute by pressing *1 and join us in saying the SERENITY PRAYER.

3) Phone Etiquette:

- You enter the meeting muted
- Unmute and mute with *1 keys
- Do not share on a speaker phone
- Please stay muted at all times unless sharing

READINGS:

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 2018-2021 Al-Anon/Alateen Service Manual pg. 11)

4) ASK FOR VOLUNTEERS to read:

a) **PREAMBLE** to the Twelve Steps (front of all the Three Meditation Books)

b) **THE TWELVE STEPS** (Back of all Three Meditation Books)

c) **THE TRADITION AND CONCEPT OF THE MONTH** (Back of Three Meditation Books)

d) *(In December, Concept 12 includes reading the General Warranties.)*

5) Are there any newcomers who would like to introduce themselves? Now we go around the Globe and introduce ourselves. Hi I'm from...

6) Announcements: 7th tradition: Al-Anon is fully self-supporting, declining outside contributions. We ask that you send your contributions to WSO and state that it is from the Thursday 4 p.m. **WORKING OUR SLOGANS** Beginners' Meeting, WSO ID # 30730216, or make donations at your face to face meetings.

Our business meeting is held the 1st Thursday of the month.

Are there any other Al-Anon announcements?

7) Secretary or another member reads Al-Anon's 16 Slogans, with the corresponding paragraph, which can be found at:

Al-Anon.org

Go to the members tab

Scroll down to literature

Scroll down to Al-Anon Slogans

8) The Slogans are studied in consecutive order. The topic today will be the next Slogan on the list. Note: If the Chair doesn't know the slogan ask the group. If the Slogan from the previous week is still unknown, the Chair may choose the Slogan.

We will now have one reading from any Al-Anon conference approved literature. Would someone like to do that reading?

9) ASK FOR TIMEKEEPER: We have 3 minute shares. Do we have a volunteer to be our spiritual timekeeper? Please be gentle when you call time. When you hear the timekeeper call time, please let them know you heard them.

10) After the reading the Secretary asks if there is someone who has been in the program for at least 6 months who would like to share for 5 minutes on today's Slogan. (If no one steps up, the Secretary can go right to sharing.)

Note to chair: Please repeat the Slogan.

11) Read: 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. Please do not interrupt or directly comment on another person's share.

(DO NOT READ ALOUD: NOTE TO SECRETARY: you may unmute and reread this statement.)

12) OPEN FOR SHARING: We ask the timekeeper if they would like to share first. We are now open for 3 minute shares.

We invite newcomers to share now.

(NOTE TO SECRETARY: After 2 or 3 newcomers, open the floor to everyone.)

13) CLOSING: It is now 12 minutes after the top of the hour. I want to thank everyone for their service. It is now time to close the meeting.

At this meeting fellowship continues as long as there are 2 or more people on the line.

For information on the tool of Sponsorship, please visit Al-Anon.org and read Conference Approved Literature on Sponsorship.

Is there someone who can stay after the meeting to greet newcomers and answer questions and continue the sharing.

GET NUMBERS OR GIVE YOUR NUMBER FOR OUTREACH.

At this meeting, people can ask for numbers or give out their number to give or receive outreach.

SUGGESTED AL-ANON CLOSING:

Leader or a volunteer will read the closing from How Al-Anon Works page 396 or older book page 380, (or in the Al-Anon Alateen Service Manual page 22).

Let's unmute and close with The Serenity Prayer followed by the Al-Anon Declaration, which can be found in *Paths to Recovery* Roman Numeral page IX, (page 9).

Meeting is now closed

MEETING INFORMATION

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](tel:7575631600). For face-to-face meetings call WSO's automated phone number: 888-4AL- ANON ([888-425-2666](tel:8884252666)).

a. 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](tel:4254366200) 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](tel:7124328733) PIN: UNITY411#. The backup number for the meeting schedule information is [\(425\) 436-6202](tel:4254366202), PIN: 335289#, Reference Number: 1#.

b. 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.

c. Would anyone like to announce any other Al-Anon phone meetings?

Now will answer questions from newcomers and continue fellowship.