

Thursday 9am - Technical Information
There is helpful information for chairing meetings at:
<http://phonemeetings.org/information.htm>

FORMAT:

Thursday 9am Living With Gratitude Meeting

INTRODUCTION: We welcome you to the Thursday 9 am topic meeting on Gratitude. This meeting lasts for 1 hour and 15 minutes, and closing will begin 12 minutes after the top of the hour. At this meeting we read short selections on Gratitude from any of our Al-Anon Conference Approved Literature on the topic of Gratitude.

1) My name is _____, a grateful Al-Anon member and your chairperson for this meeting.

2) Please un-mute and open the meeting with the Serenity Prayer.

3. Ask for volunteers to read:

Ask for 4 volunteers to read:

a) The suggested Al-anon/Alateen welcome (which can be found in How Al-Anon Works page 8 and in the Service Manual page 11)

b) Al-Anon's preamble to the 12 steps (which can be found in the front of all three meditation books and in How Al-Anon Works)

c) Al-Anon's 12 steps starting with the introductory paragraph (which can be found after December 31 in all 3 meditation books and in the Service Manual)

d) The tradition and concept of the month, starting with their respective introductory paragraphs (which can be found after the 12 steps in all three meditation books and in the Service Manual)

Note: (Read only in December)

In December, the 12th month, please read all five Warranties - they ARE Concept 12.

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

5) Contributions can be sent to the World Service Office. Address and information can be found on the first pages of all Conference Approved Literature and/or on the website al-anon.org. Our WSO ID# for this meeting is 30731482. Contributions can also be made at your face to face meetings.

5a) The business meeting is held the first Thursday of the month and will last no more than 25 minutes.

5b) The complete Meeting Schedule will be read if requested after this Meeting closes and after phone numbers are exchanged. Announcements for meetings on other phone bridges can be announced after the Schedule is read for this phone bridge.

Are there any other Al-Anon related announcements?

We request a newcomer greeter to stay on the line and facilitate the after meeting. (Note to secretary: On day of business meeting please request the newcomer greeter to leave their phone number for newcomers to call with any questions)

6) Please disable your call waiting before dialing into the meeting and do not share on a speaker phone or we will all hear an echo. Please stay muted at all times unless you are sharing. Know you are welcomed and included in a meeting even when you are muted. Monitors occasionally have to clear the line to improve quality and clarity so everyone can hear. If you are disconnected please call back in and stay muted. *1 is how you mute and un-mute.

7) READINGS: We need three volunteers to read on Gratitude from any of our Conference Approved Literature. The spirit of this program is sharing, and in order to give newcomers or first time readers the opportunity to use their voice and gain confidence in providing service, we ask that those who regularly read, please pause. Press *1 to unmute and volunteer to read.

8) 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 fellowships 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 resist the desire to comment on another person's share.
Your intention may be to show support, but, could be misinterpreted.

Please be aware that this is an open public line when sharing personal information.

9) Timekeeper: We have three minute shares. Do we have a volunteer to be our spiritual timekeeper?

10) Sharing: We will now begin sharing. Would our spiritual timekeeper like to share first?

11a) CLOSING: It is now 3 minutes before the close of the meeting.

The chair reads or asks for a volunteer to read: The Suggested Al-Anon Closing from the Al-Anon/Alateen Service Manual on pg. 22 or How Al-Anon Works p. 380.

Now would all who care to, please un-mute and join together to say **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.

11b) Meeting is now closed. **** Get numbers**** Now is the time to ask for numbers of people who have shared.

THE MEETING IS NOW CLOSED

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?

Suggested Format for each Individual Group Conscience Meeting

1. Let's open with a moment of silence followed with the serenity prayer:
2. 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.

OLD BUSINESS

3. Secretary do we have any old business to revisit from last meeting?
4. We open up the floor for discussion on these items.
5. Do we have a motion on this item?
 - 5a. Do we have a second?
 - 5b. Secretary please read the motion.Ask if there is any further discussion before we vote.
- 5c. We now go to voting...
- 5d. All in favor say "I" and state the order of "I's" Like "I one" and then "I two" and so on.
- 5e. Any opposed? Say "nay one" and so on.
- 5f. Any abstentions? Say "abstaining one and so on.
- 5g. The motion is now carried or opposed with ___#___ in favor, ___#___ opposed and ___#___ abstentions.

NEW BUSINESS

6. Is there any new business that the group wants to bring up?
7. (if so) So our first order of business is _____.
8. We open up the floor for discussion on this item.
9. Do we have a motion on this item?
 - 9a. Do we have a second?
 - 9b. Secretary please read the motion.Ask if there is any further discussion before we vote.
- 9c. We now go to voting...
- 9d. All in favor say "I" and state the order of "I's...like, "I one" and then "I two" and so on.
- 9e. Any opposed? Say "nay one" and so on.
- 9f. Any abstentions? Say "abstaining one and so on.
- 9g. The motion is now carried or opposed with ___#___ in favor, ___#___ opposed and ___#___ abstentions.

Are there any other things someone would like to add before closing?

Serenity Prayer

Meeting is now closed.