

Tuesday 10pm - Technical Information  
There is helpful information for chairing meetings  
at: <http://phonemeetings.org/information.htm>

## **FORMAT** Al-Anon's Tuesday 10pm Choosing Self-Love

### **INTRODUCTION:**

Welcome to the Tuesday 10pm, Choosing Self-Love meeting. Hi, my name is \_\_\_\_\_, a thankful Al-Anon member and your Chair for this meeting. Our meeting lasts for 1 hour and 15 minutes. Closing begins 10 minutes after the hour. In this meeting we read from the book Discovering Choices and share on what was read.

### **1. PHONE ETIQUETTE:**

**a.** All members please use the \*1 keys to mute, even if you have a mute function on your phone. The \*1 keys ensures the greatest sound strength for the entire phone line, providing the greatest service to all members of the phone bridge during the meeting.

**b. Please avoid using** speakerphones and any earpiece devices while you are reading and or sharing on the meeting to avoid disruption on the line.

**c.** To hear a menu of all the features such as volume control and member count-- simply press \* by itself for feature details.

**2.** Let's open with a moment of silence for those family members still suffering inside and outside of these rooms, followed by the Serenity prayer.

(can be found in most of the literature and or the service manual pg.10)

Moment of silence  
Press \*1 to unmute.

**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.

**3. We will need four volunteers to read. All readings can be found in the service manual and our Al-anon literature**

**a. SUGGESTED AL-ANON WELCOME**

(found in How Al-Anon Works p.8 or in the Al-Anon Alateen Service Manual (pgs.10 – 11.)

**b. Preamble to Al-Anon's 12 Steps (in the beginning of our books)**

**c. Al-Anon's 12 Steps (found in the back of our books)**

**d. One Tradition & One Concept of the month (found in the back of our books)**

**\*allow readers to read before moving on**

**4. ANNOUNCEMENTS:**

**a.) 7<sup>th</sup> 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 Tuesday 10pm meeting our **WSO ID # 30734690** or **make donations at your face to face meeting.**

**b.)** Our Business Meeting is held on the 1<sup>st</sup> Tuesday of the Month.

**c.)** Are there any Al-Anon announcements regarding this 10 pm meeting from the chair, secretary, GR or CMA?

## 5. Introduction

Are there any newcomers on the phone bridge today? You can press your \*1 keys to un-mute and state your first name and where you are from so we may greet you.

(pause for newcomers to come in)

Let's go around the globe and introduce ourselves. Hi, I am \_\_\_\_\_(Name) from \_\_\_\_\_(state)

## 6. MEETING TOPIC:

We will read **ONE** story a week from the **AI-Anon's Discovering Choices Book** and then open up for sharing. Who would like to volunteer to do the reading?

**\*Pause for reader(s)**

**\*After reading it is Now it's time for Sharing**

**Anonymity Statement** -In AI-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 to identify with the AI-Anon approach for the family illness. Ours is a different experience and calls for a different interpretation.

To maintain the serenity of the meeting, we refrain from interrupting or directly commenting on another member's share. We avoid gossip, dominance and topics that can lead to dissension and lead us from our goals. Let's leave any disruptions that may occur to our chairperson, who our trusted servant.

We have three minute shares. Do we have a volunteer to be our spiritual timekeeper and Would the spiritual timekeeper like to share first?

\*Pause for volunteer

We ask the timekeeper to stay muted except to come in to gently say time at three minutes. And we ask those who share to acknowledge that they have heard the timekeeper, and please begin to wrap up their share.

At the top of the hour we reserve the last ten minutes of the meeting especially for newcomers to come in and share or for members who normally are quiet so that everyone on the phone bridge has an opportunity to share, but newcomers are welcome to share at any time.

Who would like to share?

**\*\*\*\*\*AT 11pm et, Fifteen minutes before the meeting closes:**

We are now at the top of the hour, we will now open up the sharing for newcomers or for those members who do not regularly share. Who would like to share? \*1 to unmute.

**(Open the sharing backup to all members if it's quiet and time is still available. Sharing ends at 11:10 est)**

## **7. CLOSING:**

We now begin the closing. I would like to thank all that did service. Our timekeeper, readers, all those who shared and those who listened.

Do we have a volunteer who will stay on the line after the meeting closes and before our after meeting fellowship for 10-15 minutes to answer questions about Al-Anon and to explain more on phone etiquette?

**SUGGESTED AL-ANON CLOSING:**

Can we get a volunteer to read the Al-Anon closing?

\*pause for volunteer

( the closing can be found in the alateen literature. the Al-Anon Alateen Service Manual Page 22 or in How Al-Anon Works page 396 or 380)

All who would like to close with the closing prayers please press \*1 to unmute

**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.

(Al-Anon/Alateen Service Manual pg. 10)

**Al-Anon Declaration:**

Let it begin with me.  
When anyone, anywhere reaches out for help.  
Let the hands of al-anon and alateen always be there  
And let it begin with me.

**8. Telephone Numbers:**

**CONTACT INFORMATION:** Would anyone like to ask another member for contact information or would any member like to leave their contact information for outreach, sponsorship, service sponsorship?

Would anyone like to announce any other Al-Anon phone meetings or make an al-anon announcement?

**THE MEETING IS NOW CLOSED.**

**Would anyone like to hear meeting information? (optional)**

## **MEETING INFORMATION**

**a. Information on all registered meetings can be found on Al-Anon's website: [al-anon.org](http://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](http://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 information for this line can be found at (712) 432-8733 PIN: UNITY411#. The backup number for meeting information is (425) 436-6202, PIN: 335289#, Reference Number: 1#.**

**Typically used for changes made during KBDM  
up**

**Format changes and website postings can be emailed to [phonemeetingsweb@yahoo.com](mailto:phonemeetingsweb@yahoo.com). General questions can be sent to [phonemeetingsinformation@yahoo.com](mailto:phonemeetingsinformation@yahoo.com). For inquiries regarding leader codes, dashboard monitors and technical issues with the phone line, email [phonemonitorteam@yahoo.com](mailto:phonemonitorteam@yahoo.com). For workshop ideas, suggestions and concerns, email [phonemeetingsforum@yahoo.com](mailto:phonemeetingsforum@yahoo.com).**