

Obstacles to Success Workshop

4th week of the month - Wednesday 2pm, 10pm and Saturday 2pm

Chairperson: Welcome to the Three Obstacles to Success Workshop.

1. THIS WORKSHOP WILL LAST FOR ONE HOUR AND THIRTY MINUTES.

2. INTRODUCTION

My name is _____ a grateful member of Al-Anon and your chairperson for this Workshop. Will all who care to, please press your *1 keys to join me in a moment of silence, followed by the Serenity Prayer.

3. 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.

4. PHONE ETIQUETTE

- a. We ask members to use the *1 keys to mute even if they have a mute function on their individual phones. The *1 keys ensures the greatest sound strength for the entire phone line and provides the greatest service to all members of the phone bridge during the meeting.
- b. Please do not use a speaker phone for sharing or we will all hear an echo. Some speaker phones will not mute even when pressing your *1 keys.
- c. To hear a menu of all the features--such as volume control or member count--simply press * by itself.

5. VOLUNTEERS NEEDED TO READ

- a. Preamble to the 12 Steps, which can be found in the front of all three daily meditation books.
- b. Al-Anon 12 Steps, which can be found in the back of all three daily meditation books.
- c. One Tradition and one Concept of the month, which can be found in the back of all three daily meditation books.
- d. The Three Obstacles to Success, which can be found in the Al-Anon/Alateen Service Manual or in pamphlet 17-The Twelve Steps and Traditions.

6. INTRODUCTIONS:

Let's go around the globe and introduce ourselves. Hi, I am____,(name) from_____(state).... Please press the*1 keys and state your name so that we may greet you. Please press the*1 keys again to mute yourself.

7. SPIRITUAL TIMEKEEPER

May we have a volunteer to be our Spiritual Timekeeper? Our Spiritual Timekeeper will time our Speakers for 7 minutes. After our Speakers have completed their shares, we will read the Anonymity Statement and open up for three minute shares.

8. SPEAKERS: Chairperson, please allow the first Speaker to complete their share before introducing the next Speaker.

a. I would like to introduce our first speaker who will share on the topic of Discussion of Religion.

b. I would like to introduce our second speaker who will share on the topic of Gossip.

c. I would like to introduce our third speaker who will share on the topic of Dominance.

9. OPEN FOR SHARING

Chairperson: Please read the last paragraph of the Suggested Al-Anon/Alateen Welcome for the Anonymity Statement. We have three minutes shares, who would like to share on one or all of the topics?

10. PHONE NUMBERS

We will give and receive phone numbers at the close of the Workshop.

11. CLOSING: THANK EVERYONE FOR THEIR SERVICE

Is there a volunteer who could read the Suggested Al-Anon Closing? It can be found in How Al-Anon Works on page 380 or 396. Do we have a volunteer?

12. SERENITY PRAYER

Will all who care to, please press *1 and we will close with the Serenity Prayer.