

Workshop-The Concepts Al-Anon's Best Keep Secret P-57 held on the second Saturday of every month at 2pm EST

Secretary/Chair: Welcome to “The Concepts: Al-Anon’s Best Keep Secret” the Workshop is held on the second Saturday of every month at 2pm EST

Secretary/Chair: Let's open with a moment of silence and the ‘Serenity Prayer’ (press *1 to unmute ask members to join in and then ask members to *1 mute)

Secretary/Chair: Introduce yourself and ask for member introductions.

Hi my name is _____ I am calling from _____ city or state. Warmly Greet each member.

Secretary/Chair: Ask for a volunteer to read the Twelve Concepts only.

Secretary/Chair: read or ask a volunteer to read “The Introduction” on page 2-3 in Al-Anon’s pamphlet P-57 “The Concepts Al-Anon’s Best Kept Secret”.

Secretary/Chair: Request or delegate spiritual timekeeper.

Secretary/Chair: The purpose of this workshop is to give a better understanding of Al-Anon's World Service Offices and the application of these principles through our personal lives, connecting through our experience strength and hope. It is my privilege to introduce speaker and state the Concept of the Month. (Speaker share is 10 minutes)

Speaker: Reads the information from the P-57 on that Concept of the month and shares up to 10 minutes.

Sharing:

Secretary/Chair: 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 try to identify with the Al-Anon approach to the family illness. Ours is a different experience and calls for a different interpretation.

The Workshop is now opened up for 3minute shares. Sharing will continue until 3:00 PM

Closing

Secretary/Chair: Read p.28 from P-57. (followed by the Serenity prayer and ending with Suggested Preamble to the Twelve Steps p. 31 in P-57).

For all who would like to join in the Serenity Prayer press *1.

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

Secretary/Chair: Read Suggested Preamble to the Twelve Steps p. 31 in P-57.

The Al-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.

Suggested Preamble to the Twelve Steps