

Monday Midnight - Technical Information

There is helpful information for chairing meetings at:

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

FORMAT:

Al-Anon's Monday (Midnight) Topic Recovery Meeting

INTRODUCTION

1. Hi, my name is _____, a grateful Al-Anon member and your secretary for this meeting.
2. This meeting will stop at the top of the hour for members to share their telephone numbers.

3. Phone Etiquette

- a. You'll enter the meeting being muted.
- b. Un-mute and mute with *1 keys.
- c. Do not share on a speaker phone.
- d. Please stay muted at all times unless sharing

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**.

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)

SUGGESTED AL-ANON WELCOME

Secretary or Volunteer reads: SUGGESTED AL-ANON WELCOME found in How Al-Anon Works pg.8 or Al-Anon / Alateen Service Manual pg.10-11.

Ask for volunteers to read;

- a. **Preamble to Al-Anon's 12 Steps** 2 pages before January 1 in all three meditation books
- b. **Al-Anon's 12 Steps** found one page after December 31 in all three meditation books
- c. **One Tradition & One Concept** of the month (one and two pages respectively after the 12 Steps in all three of the meditation books)

INTRODUCTIONS

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

ANNOUNCEMENTS

3. 7th Tradition: Al-Anon is fully self-supporting declining outside contributions. Although we have no expenses related to this phone bridge we do have expenses related to our website. You may send voluntary contributions to WSO and state that is it is from Monday Midnight Meeting WSO ID 30733051, or go to www.phonemeetings.org click on contributions, or give at face to face meetings.

4. A sponsor is someone who you talk to one-on-one who helps you understand the program. If you are looking for a sponsor, please ask for phone numbers of the people you would like to talk to after the close of the meeting, or at your face-to-face meetings.

5. Do we have a volunteer who will stay on the line after the meeting to answer questions about Al-Anon or to explain the phone etiquette? Are there any newcomers on the phone bridge today? You can press your *1 keys to unmute yourself and state your name so we may greet you. We reserve the last ten minutes of the meeting especially for newcomers to share however new comers may share at any time as well as those who don't regularly share at this meeting. We would like to give everyone on the phone bridge the opportunity to share.

6. At this meeting, there is a place to make announcements about other Al-Anon phone bridge meetings after the schedule is read, at the end.

7. Are there any Al-Anon related announcements?

[Business Meeting is on the last Monday of the Month]

MEETING TOPIC

8. This is a topic meeting. We will be using the **3 Daily Meditation Books**, One Day at a Time, Courage to Change and Hope for Today. Whatever single topic is heard first by the Leader will be the topic for the meeting.

9. Is there a step or a topic someone would like to bring to the group for discussion?

10. So the topic is _____. We will now look for this topic in the indexes found at the back of Al-Anon's three meditation books. Who would like to read from One Day at a Time?.....Courage to Change?.....and Hope for Today? (Secretary says: please read in book order).

11. 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 to identify with the Al-Anon approach for the family illness. Ours is a different experience and calls for a different interpretation.

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

13. **(Leader- Fifteen minutes before the meeting closes state):** It is now fifteen minutes before the close of the meeting; we will open up the sharing for newcomers or for those members who do not regularly share.

CLOSING

14. **(Leader-Five minutes before the top of the hour state):** It is now five minutes before the close of the meeting. Please call out the names of members from whom you would like telephone numbers. After the meeting closes we will exchange those numbers.

15. Suggested Al-Anon Closing:

Secretary or Volunteer read Suggested Closing found in How Al-Anon Works old edition pg.380 or new edition pg.396 also Al-Anon/Alateen Service Manual pg. 22.

16. For those who would like to join in, press your *1 keys to unmute and let's say the **Al-Anon Declaration** which can be found in **Paths to Recovery** Roman Numeral page IX (9) or the Al-Anon/Alateen Service Manual pg.22, followed by the Serenity Prayer.

Serenity Prayer

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Courage to change the things I can,
And wisdom to know the difference.

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

17. **Names & Telephone Numbers** (Leader- ask for members whose numbers have been requested to give out their number (if they so choose) with time zone and best times to call).

18. The meeting is formally 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?

Secretary turns the meeting over to the newcomer greeter.