

Sunday 8am - Technical Information

There is helpful information for chairing meetings at:

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

FORMAT:

Paths to Recovery Step Study Meeting 8:00am (Eastern Standard Time)

Please disable call waiting by using *70 before dialing or we may hear your conversation. *1 to mute and unmute. Stay muted unless sharing. Do not use speaker phone, this will cause an echo. Press * by itself for menu (such as volume control and member count).

Paths to Recovery Step Study:

1. Hi, my name is _____, a grateful Al-Anon member and your secretary for this meeting. The meeting lasts 1 hour and 15 minutes.
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.
3. Secretary reads:

THE AL-AL-ANON/ALATEEN WELCOME:

Secretary reads or asks a volunteer to read Al-Anon's Welcome that can be found on page 8 in How Al-Anon Works, or pages 10-11 in the 2010-2013 Service Manual.

Secretary asks:

4. Would someone please read?
 - A. **The Preamble to Al Anon's 12 Steps**, which can be found 2 Pages before January 1 in all three meditation books
 - B. **Al-Anon's 12 Steps**, which can be found one page after December 31 in all three meditations books
 - C. **The 12 Tradition's**, which can be found one page after the 12 Steps in all three of the meditation books
5. **Let's go around the globe and introduce ourselves.**
Hi, I am _____(Name)_____ from (_____State/Country)

Secretary asks:

1. Are there any Al-Anon related announcements?

2. The Group Conscience Business Meeting for this meeting is the 3rd Sunday of the month

8. 7th Tradition: Al-Anon is fully self-supporting, declining outside contributions. You may send your contributions to Al-Anon World Service Office by

calling 757-563-1600 or go to the WSO website at Al-Anon.org. Our WSO ID No. is 30732337.

9. In this meeting we read from “Paths To Recovery” and share as we go along. We suggest that if you wish, give your name again at the end of your share.

(Note to Secretary: When reading a Step we read 2 paragraphs at a time and then pause until everyone who wants to has had a chance to share. At the end of the Step we then go through the questions, one question at a time until everyone who wants to has shared)

Ask for a **volunteer to read: page 4** starting with the last paragraph, which begins with “The Steps Suggests four primary ideas...” read #1 through 4.

Read the Step we are currently studying

Ask for a volunteer to read: 2 paragraphs from the current Step or the Secretary reads a question following the current Step, if the current Step has been completed.

10. 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 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 directly comment on another person's share. Your intention may be to show support, but directly commenting on another's share could be misinterpreted

11. Request a **spiritual timekeeper** to time 3-minute shares. The timekeeper will say time.

(Note: Shares continue until 10 minutes after the top of the hour. Then the Chair begin the closing.)

12. Secretary asks:

Do we have a volunteer who will stay on the line after the meeting, to answer any questions about Al-Anon or to explain phone meeting etiquette?

13. Al-Anon's Suggested Closing

Secretary reads or asks a volunteer to read Al-Anon's closing found on page 396 in How Al-Anon Works or Page 380 in the old version of How Al-Anon Works

Secretary asks:

14. Will all who care to press *1 to un-mute and join in 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.

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

15. We will now exchange Phone Numbers and Contact Information.

THE MEETING IS 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 Al-Anon phone meetings?

Chair passes to the volunteer who is able/willing to serve as newcomer greeter.