

Sunday 8am - Technical Information

For the Secretary/Chair to read before leading a phone bridge meeting

As the Secretary/Chair for this meeting you will be given a “leader code” that will give you more features on the key pad than other members.

Here is some information that will help before dialing into the meeting once you have been given the leader code.

- 1. Dial the phone number and then use the regular pin number followed by the # sign that everyone else uses.**
- 2. There will be a voice prompt after entering the regular pin # that says “IF YOU ARE THE MODERATOR PLEASE PRESS 1.”**
- 3. Follow the prompt and Press 1.** The word “moderator” and “leader” mean the same thing.
- 4. The voice prompt will again say “PLEASE ENTER THE MODERATOR PIN (Leader Code) number FOLLOWED BY THE # SIGN”.**
- 5. You will join the phone meeting muted after entering the leader code and # sign. Press *1 to unmute yourself and then introduce yourself as the Secretary/Chair of the meeting. Press *0 for a menu of all features.**

Probably one of the most important services you can give as the Secretary/Chair is **to have the highest sound quality** on the phone bridge system. This means without background noise and weak sound quality. **“Sound”** is all we have for the phone meeting to work.

Background noise can be taken as disrespectful or interruptive while members are speaking. As a trusted servant you can guide the meeting without background noise or interruptions to the best of your ability.

Along with your own skills; here are a few tips and a few pieces of information to help you:

- 1. Technically the phone bridge system is built for “only” one person to be unmuted at a time. This of course would include, You (the Secretary/Chair) as well as the Timekeeper to stay muted by using the *1 keys. The timekeeper only unmutes to say “time”. The Secretary/Chair unmutes a few seconds before the member is done sharing to welcome the next share. You can remind the timekeeper to please stay muted except to say “time”. (Only one line unmuted at a time).**

2. **As the Secretary/Chair** (with the leader code) you **are encouraged to use the *5** to clear the line to address the noise. This ensures that members will be able **to speak so their share can be heard**. Then the member can press the *1 keys to continue sharing without the previous background noise. **We call this “Cycling Through”**. (Most of the time people forget to mute and don't know they are not muted). This can be done by saying **“Excuse the interruption, I'm going to clear the line”** and then **press *5 keys**. You then could say, **“Whoever** was sharing please press *1 and begin again,” or **“Whoever** would now like to share please press *1 to unmute yourself.”
3. **Some meetings have multiple readers. The extra unmuted lines will cause the reading to be heard by some but not by other members. Here are some suggestions.**
 1. **Organize the readers so they know the order they will be reading.**
 2. **Then tell the rest of the readers to mute until a few seconds before it is their turn to read.**
 3. **After each member reads remind them to mute again.**
 4. **(AS A Rule of Thumb), just because you can hear does not mean that other members can. These phone meetings have global coverage. Not all phones have equal sound. Only one line unmuted at a time will keep a clear worldwide phone line for everyone during the meeting.**

These 4 technical points can promote safety, warmth and recovery similar to face to face meetings. This was written to assist you to know and understand the phone bridge technical features.

Thank you for taking the time to read these suggestions. **If you need help, just ask. Congratulations on doing service and beginning the flow that opens our heart to what it already knows---that we all need each other.**

**Sincerely,
Your Web Coordinator**

The Meeting Format Starts Now

(This is the part you read out loud)

FORMAT:

Arise and Shine Sunday Morning 8:00am (Eastern Standard Time)

Phone Etiquette:

- a. Prior to joining the meeting, we ask members to temporarily disable their call waiting by dialing *70 before calling the number to the phone bridge (example *70-1-712-432-8733). If a member does not disable their call waiting, we may hear your conversation or beeping.
- b. When you dial in, you will start the conference being muted.
- c. Stay muted at all times unless you are sharing. You can un-mute by pressing your *1 keys. You will hear a voice saying "you are now un-muted". Some phones do not have a long enough beep for the muting and un-muting to happen. You may have to press *1 several times for this function to work. When the voice comes on, you will know that the *1 keys have worked.
- d. 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.
- e. 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.
- f. To hear a menu of all the features--such as volume control or member count--simply press * by itself.

Step Study Al-Al-Anon Phone Bridge Format:

1. Hi, my name is _____, a grateful Al-Al-Anon member and your secretary for this meeting.
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:

We welcome you to the Arise and Shine Sunday Morning Step Study Al-Al-Anon Phone Bridge AL-AL-ANON/ALATEEN WELCOME

We welcome you to this 12 and 12 Meeting of the Al-Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live or have lived with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Al-Anon/Alateen we discover that no situation is really hopeless and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not. We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The Al-Anon program is based on the Twelve Steps (adapted from Alcoholics Anonymous), which we try, little by little, one day at a time, to apply to our lives, along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of Al-Anon literature thus make us ready to receive the priceless gift of serenity.

Anonymity is an important principle of the Al-Anon/Alateen program. Everything that is said here, in the group meeting and member-to-member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Al-Anon/Alateen. (Al-Anon/Alateen Service Manual pgs.10-11)

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 mediation books
- B. **Al-Anon's 12 Steps**, which can be found one page after December 31 in all three mediations books
- C. **The 12 Tradition's**, which can be found one page after the 12 Steps in all three of the meditation books

5. Lets go around the globe and introduce ourselves.

Hi, I am _____(Name)_____ from (_____State/Country)

Secretary asks:

6. Are there any Al-Anon related announcements?

7. 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. Although we have no expenses related to this phone bridge, we ask that you send your contributions to the World Service Office address:

Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

with "Arise and Shine Sunday 8am Step Study phone bridge" **WSO ID 00504113** noted in the memo line of your check, or give to local Inter-group or make donations at face to face meetings

Please resist the desire to cross-talk, which means directly commenting on another person's share. Your intention maybe to show support, but directly commenting on another's share could be misinterpreted.

9. In Al-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-Al-Anon approach for the family illness. Ours is a different experience and calls for a different interpretation.

10. Request a **spiritual timekeeper** to time 3-minute shares

11. 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 these 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.

(Note: Read and **share until 5 minutes** till the top of the hour (then begin closing)

12.. Secretary asks:

Do we have any available **Al-Al-Anon sponsors** on the line? (if yes, ask them to give out their phone number)

13. Secretary asks:

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

14. Phone # requests: take down names, numbers will be given out after closing

15. Al-Anon's Suggested Closing

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. A few special words to those of you who haven't been with us long: Whatever your problems, there are those among us who have had them too. If you try to keep an open mind you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened. We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover

that though you may not like all of us, you'll love us in a very special way we the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you one day at a time. (AI-AI-Anon/Alateen Service Manual pg.22)

Secretary asks:

16. 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 the wisdom to know the difference.

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

17. Exchange phone numbers.

18. Secretary asks, would anyone like the meeting schedule, or information about Phone Etiquette?

MEETING SCHEDULE

The meeting formats and phone bridge information can be accessed on the web at www.alanonphonemeetings.org. Format changes or requests can be emailed to alanonphonemeetings@yahoo.com. Any **new meetings** and format drafts ideas can be brought to the Group Conscious Meeting 4th Saturday of the month at 1:30 EST.

All Eastern Time Zones, same phone and pin number as you dialed in for this meeting.

8am	Saturday and Sunday
9am	Weekdays (Monday ----- Friday)
11am	Sunday
Noon	Monday ----- Saturday
2pm	Sunday
4pm	7 days a week
8pm	7 days a week
10pm	Monday, Tuesday, Thursday, Friday and Saturday
12 midnight	Thursday

Long version of meeting schedule:

All Eastern Time Zone

8:00am

Sunday, Early morning Rise & Shine Step Study

Saturday Early Morning Speaker Meeting

9:00am

Monday 3 Daily Meditation Books ODAT/Courage to Change/Hope for Today

Tuesday Step 1 How Al-Al-Anon Works/12 and 12/ Paths to Recovery/ 3 Meditation Books

Wednesday Step 2 How Al-Al-Anon Works/12 and 12/ Paths to Recovery/ 3 Meditation Books

Thursday Gratitude 3 Meditation Books

Friday Step 3 How Al-Al-Anon Works/12 and 12/ Paths to Recovery/ 3 Meditation Books

11:00am

Sunday Step/Tradition/Concept/3 Mediations Paths to Recovery

12:00 Noon

Monday Day A Topic from the 3 Meditation Books

Tuesday Al-Al-Anon 12 & 12

Wednesday From Survival to Recovery

Thursday Al-Al-Anon's 3 meditation Books

Friday Speaker Meeting

Saturday Hope for Today Meditation Book

2:00pm **Sunday** Paths to Recovery Book Study

4:00pm

Monday Beginners Meeting 3 Meditation Books/How Al-Al-Anon Works/Beginners Pamphlet

Tuesday 10th Step How Al-Al-Anon Works/12 and 12/ Paths to Recovery/ 3 Meditation Books

Wednesday 11th step Guided Mediation Paths to Recovery/ How Al-Al-Anon Works/3 Med

Thursday Slogans How Al-Al-Anon Works/3 Mediation Books

Friday 12th step

Saturday Opening our Hearts

Sunday Transforming our Losses

8:00pm

Monday From Survival to Recovery

Tuesday Topic discussion from 3 meditation books

Wednesday Beginner's meeting How Al-Al-Anon works

Thursday Step/Tradition/Concept/3 Mediations Paths to Recovery

Friday How Al-Al-Anon Works

Saturday Speaker meeting

Sunday Steps and Traditions How Al-Al-Anon works

10:00pm

Monday 4th Step WRITING Workshop Blue Print for Progress

Tuesday LGBTQ Discovering Choices

Thursday 4th Step WRITING Workshop Blue Print for Progress

Saturday Traditions Meeting How Al-Al-Anon Works/Paths to Recovery

12 midnight

Thursday 3 Daily Readers 3 Mediations Books