

**WELCOME TO THE FRIDAY NIGHT OPEN SPEAKER MEETING
2023 Virtual Edition!**

**For 2023, on the first Friday of each month, Members from a London
Al-Anon Family Group Host this Virtual Meeting.**

TONIGHTS MEETING IS BEING HOSTED BY _____

A REMINDER TO PLEASE MUTE YOUR AUDIO IF YOU ARE NOT SPEAKING

We welcome all who are new to the Al-Anon Program

If this is your first Al-Anon meeting, please stay afterwards to ask any questions and receive a newcomer's package. It is recommended members and newcomers try several different meetings as all offer something different. This is how we grow in Al-Anon.

ANONYMITY

Tradition Eleven is an important principle of the Al-Anon program. If we are to recover, we must feel free to say what is in our minds and hearts.

This is an open meeting; we welcome visitors seeking information about the Al-Anon program as well as newcomers. There may be some who are not familiar with our Tradition of personal anonymity in any form of press, radio, films, TV, Internet, and other electronic media. If so, we respectfully ask that no Al-Anon, Alateen, A.A. speaker or member be identified by full name or picture in published, broadcast, or Web-posted reports of our meeting.

The assurance of anonymity is essential to our efforts to help other families of alcoholics, and our Tradition of anonymity reminds us to place Al-Anon principles above personalities. Therefore:

WHOM you see here, **WHAT** you hear here, **WHEN** you leave here, **LET** it stay here.

PLEASE join Me in a Moment of Silence followed by the Serenity Prayer

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.

SUGGESTED AL-ANON WELCOME

We welcome you to the Friday Night Open Speaker Meeting 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-Anon 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 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.

SUGGESTED AL-ANON PREAMBLE TO THE TWELVE STEPS

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.

WE HAVE ASKED _____ TO READ THE TWELVE STEPS OF AL-ANON

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS OF AL-ANON

The Traditions that follow bind us together in unity. They guide the groups in their relations with other groups, with A.A., and the outside world. They recommend group attitudes toward leadership, membership, money, property, public relations, and anonymity. The Traditions evolved from the experience of A.A. groups in trying to solve their problems of living and working together. Al-Anon adopted these group guidelines and over the years has found them sound and wise. Although they are only suggestions, Al-Anon's unity and perhaps even its survival are dependent on adherence to these principles.

WE HAVE ASKED _____ TO READ THE 12 TRADITIONS OF AL-ANON

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Al though a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

HELP AND HOPE IN AL-ANON

We who have turned to Al-Anon have often done so in despair, unable to believe in the possibility of change and unable to go on as we have before. We feel cheated out of a loving companion, over-burdened with responsibilities, unwanted, unloved, and alone.

There are even those of us who are arrogant, smug, self-righteous, and dominating. We come to Al-Anon, however, because we want and need help. While we may have been driven to Al-Anon by the effects of some-one else's drinking, we soon come to know that our own thinking has to change before we can make a new and successful approach to living.

It is in Al-Anon that we learn to deal with our obsession, our anxiety, our anger, our denial, and our feelings of guilt. It is through the fellowship that we ease our emotional burdens by sharing our experience, strength, and hope with others. Little by little, we come to realize at our meetings that much of our discomfort comes from our attitudes.

We begin to change these attitudes and learn about our responsibilities to ourselves. We discover feelings of self-worth and love, and we grow spiritually. The emphasis begins to be lifted from the alcoholic and placed where we do have some power—**over our own lives.**

HOW CAN WE HELP OUR CHILDREN?

Just as we were affected; so too have our children. So how do we attend to their well being, not just physically but emotionally? In Al-Anon we learn to communicate with them and examine our own attitudes because children imitate what they experience.

We can break the cycle through living our own program and by encouraging attendance of our children to Alateen, giving the gift of the Alateen program to our future generations early in life.

Alateen Meetings are posted on our website and on our meeting list. Alateen age is from 12-19

CHAIRPERSON QUALIFIES – (LESS THAN ONE MINUTE)

THANK YOU FOR COMING OUT AND SUPPORTING OUR SPEAKER

WE HAVE ASKED _____ TO INTRODUCE OUR SPEAKER

WE HAVE ASKED _____ TO THANK OUR SPEAKER

PASSING THE BASKET – SEND BAG AROUND

We have no dues or fees, but we do pass the basket to cover group expenses, including purchase of literature, support of our trusted servants, and Al-Anon service arms. According to our Seventh Tradition, Al-Anon groups ought to be self-supporting through our own voluntary contributions.

We are encouraged to contribute in gratitude for what Al-Anon has given us. The amount is not important; what is important is that we give whatever we can.

AL-ANON ANNOUNCEMENTS

ASK if there any announcements For the Good of Al-Anon

NEXT MONTH'S MEETING IS BEING HOSTED BY _____

SUGGESTED AL-ANON CLOSING

In closing, we would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked 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. 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.

PLEASE JOIN ME IN CLOSING WITH THE AL-ANON DECLARATION

Al-Anon Declaration

Let it begin with me

**When anyone anywhere reaches out for help, let the
hand of Al-Anon and Alateen always be there**

And let it begin with me.