

Optional Readings

At this point in the meeting, groups may choose to read one or more of the "Optional Readings" (pages 21-25) or other selections from Al-Anon Conference Approved Literature.

Introductions

The Chairperson invites members to introduce themselves. Members may choose to use their first name only or their entire name, according to their personal preference. The Chairperson may ask newcomers to identify themselves and welcomes them. (See "Basics for Group Meetings": "Welcoming New Members.")

Announcements and Reports

This is a time for announcements of local Al-Anon events, service meetings, and other group business, including day and time of business meetings, Treasurer's report, and announcements from the District, Area, or World Service Office. Reports may include:

1. Group Secretary, Treasurer, Group Representative, Intergroup Representative
2. District, Area, World Service Office
3. Other Al-Anon/Alateen-related announcements

The Meeting Program

The meeting program is decided by group conscience and typically involves one member introducing a speaker or topic for discussion. (See "Meeting Ideas.")

Large groups may divide into smaller sessions for the meeting discussion and come back together at a given time for the "Suggested Al-Anon/Alateen Closing."

Passing the Basket

At some point during the program, voluntary contributions are made, following this statement by the Chairperson or Treasurer:

"We have no dues or fees; according to our Seventh Tradition, 'Every group ought to be fully self-supporting, declining outside contributions.' We contribute in gratitude for what we have received from Al-Anon."

Groups with expenses may also include this statement, "We do this through our own voluntary contributions by passing the (electronic) basket to cover group expenses, including rent or platform fees, purchase of literature, and support of our service arms."

Alternatively, groups without expenses may encourage their members to visit al-anon.org or other service arm websites to support their services to the worldwide fellowship directly.

Suggested Al-Anon/Alateen 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 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.

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—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.

Will all who care to, join me in closing with the _____ prayer?

Al-Anon Declaration

It is suggested that groups close in a manner that is agreeable to the group conscience. Many groups say the Al-Anon Declaration after the Suggested Al-Anon/Alateen Closing.

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.*

Optional Readings

The selections that follow are offered as suggestions for meeting topics or as optional readings in the group meeting format, as determined by the group conscience. They contain wisdom and information many members and groups have found helpful.

Reading on Anonymity

When newcomers or visitors are present, the group may want to read an explanation of anonymity, such as:

“Members use their full names within the fellowship when they wish. The degree of anonymity a member chooses (first name, pseudonym, or full name) is not subject to criticism. Each member has the right to decide.

“Regardless of our personal choice, we guard the anonymity of everyone else in the fellowship, Al-Anon/Alateen, and A.A. This means not revealing to anyone—even to relatives, friends, and other members—whom we see and what we hear at a meeting.

“Anonymity goes well beyond mere names. All of us need to feel secure in the knowledge that nothing seen or heard at a meeting will be revealed. We feel free to express ourselves among our fellow Al-Anons because we can be sure that what we say will be held in confidence.”