

RED LIGHT GREEN LIGHT

Area 9 Assembly. May 3-5, 2024

Chaired by Debbie R. Friday Morning Lights AFG, District 10, Orlando, FL

QUESTION #1: District 10

Discussions at the group level about non-CAL terminology have been contentious and divisive. We get a lot of feedback from some members such as “It’s just a word, no one can tell me which words I can and can’t use”. How do we keep the program from being diluted by non-CAL terminology, such as qualifier instead of alcoholic?

- A: Source: The Forum, It’s the Little Things, November 2022 “Dilution of the AI-Anon Program,” by Sue P. page 15**
(Excerpt from paragraph 2 “:....After a while. I started hearing a certain “lingo” in my group. Since I wanted to “go along to get along,” I picked up these terms, assuming the seasoned members were “speaking AI-Anon.” But I didn’t find any references in our Conference approved Literature (CAL) to some of the terms they used.”
- B: Source: The Forum, It’s the Little Things. November 22: “Dilution of the AI-Anon Program,” by Sue P. page 15**
(Excerpt from paragraph 3): “ As I skimmed through the Service Manual, I found many answers. I came upon the policy regarding, “Dilution of the AI-Anon program,” which cautions against discussion outside therapies, focusing on problems other than those related to alcoholism, having ‘professional speak’ at meetings, and using professional jargon and labels. I realized these words I could not find in our CAL and was freely using might imply outside affiliations and be confusing to newcomers.”
- C Source: Why Conference Approved Literature? For al-Anon and Alateen (P-35). Why is our literature “Conference Approved”?**
“.... This encourages AI-Anon unity and assures that the AI-Anon message at our meetings will be clear and consistent.”
- D: Source: Why Conference Approved Literature? For al-Anon and Alateen (P-35). Why don’t we use other “outside” literature at meetings?**
“Outside “literature may or may not convey the AI-Anon message. Using other materials in our meetings can lead to dissension and affect our groups’ unity: it can be particularly confusing to a newcomer.”
- E: Source: Why Conference Approved Literature? For al-Anon and Alateen (P-35). Why don’t we use other “outside” literature at meetings?**
“Members are always free to read and study whatever they wish outside of meetings; AI-Anon takes no stand of approval or disapproval of any outside material. Exclusive use of AI-Anon materials at our meetings helps to make sure that AI-Anon message of help and hope with consistently be there.”
- F: Source: 2022-2025 AI-Anon/Alateen Service Manual, Policies, pg. 135 Dilution of the AI-Anon Program. “Labels”.**

“Focus on the Al-Anon interpretation of our program is strengthened when we avoid using professional terms and labels since they may confuse members by implying affiliation with certain persons or specific therapies.”

G: Source: *Al-Anon Spoken Here (P-53)* pg. 6

“According to our Traditions, Al-Anon endorses no outside enterprise and has no opinion on outside issues. Our focus is on ourselves and the program tools ... We also avoid the use of professional jargon. Terms used in particular therapies or other programs do not belong in Al-Anon/Alateen meetings.”

H: Source: *Paths To Recovery, Al-Anon's Steps, Traditions and Concepts. Tradition Four Pages 163-164*

“Unity through literature has also helped us communicate with each other in terms that represent the fellowship as a whole. On occasion, members may make brief references to ideas from outside literature that they have found helpful as part of their personal sharings, but the exclusive use of CAL at meetings limits confusion and fosters unity in the fellowship.”

I: Source: *2022-2025 Al-Anon/Alateen Service Manual, Groups* pg. 37 **Sharing in Al-Anon/Alateen Meetings.**

“We concentrate on our own feelings and attitudes, rather than on the details of our situation. Members leave other affiliations (such as other Twelve Step programs or professional resources) outside our meetings.”

J: Source: *Reaching For Personal Freedom. Page 77 Tradition Three, Para 5:*

“Outside pressures and influences could cause distraction and confusion. But we have the opportunity to create consistency and balance by staying focused on our own role in a common cause. We are free to be ourselves – and in turn, extend the same courtesy to others.”

K: Source: *Why Conference Approved Literature? For al-Anon and Alateen (P-35). What is Al-Anon “Conference Approved Literature” (CAL)?*

“Al-Anon’s World Service Conference (WSC), established in 1961, set up a process to make sure that Al-Anon literature accurately expresses Al-Anon literature policies and perspectives. Literature bearing the seal and words “Approved by World Service Conference Al-Anon Family Groups,” and has been through a rigorous committee review process. It was also examined for adherence to Al-Anon’s Traditions and policies. Literature bearing this seal was written by Al-Anon members, and is written from Al-Anon point of view.”

L: Source: *Reaching For Personal Freedom. Page 77 Tradition Three*

“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.”

M: Source: *Reaching For Personal Freedom. Page 77 Tradition Three*

“We share our experience as equals, even though we are all different and bring diverse experience and background to the table. No one presumes to give advice or direction to another. No one is in a position to rescue someone else. We share our own perspective and give the same respect to others, giving them the freedom to take what they like and leave the rest.”

- N: Source: 2022-2025 AI-Anon/Alateen Service Manual, Groups pg. 18**
Suggested AI-Anon/Alateen Closing
“... the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.”
- O: Sources: all of the CAL AI-Anon books, pamphlets and Forums that I own.**
I cannot find the word “*qualifier*”.
- P: Source: 2022-2025 AI-Anon/Alateen Service Manual, Groups pg. 20. Three obstacles to Success in AI-Anon and Alcoholism the Family Disease (P-4).**
“All AI-Anon discussions should be constructive, helpful, loving, and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.”
- Q: Source: Paths To Recovery, pg. 163-164 Tradition Four**
“Unity through literature has also helped us communicate with each other in terms that represent the fellowship as a whole. On occasion, members may make brief references to ideas from outside literature that they have found helpful as part of their personal sharings, but the exclusive use of CAL at meetings limits confusion and fosters unity in the fellowship.”
- R: Source: Paths To Recovery, pg. 171 Tradition Four**
“We often hear immature people say, “I have a right to do whatever I want,” without remembering that it is their decision only as long as it doesn’t affect others.”
- S: Source: 2022-2025 AI-Anon/Alateen Service Manual, Groups pg. 24**
“While we may have been driven to AI-Anon by the effects of someone 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.”
- T: Source: Tradition 3: “... The only requirement for membership is that there be a problem of alcoholism in a relative or friend.”**
- U: Source: From pamphlet P-15, Three Views of AI-Anon, bottom of page 7.**
Suggested AI-Anon Preamble to the Twelve Steps: “The AI-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.”
- V: World Service Conference Summary 2012 pages 32-33**
DISCUSSION:
How do we lovingly encourage members to only use our AI-Anon language when sharing their AI-Anon spiritual journey?
SUMMARY:
A Delegate summarized the discussion: • Approach members after the meeting in a gentle, loving way.
• Allow newcomers time to learn the program.
• Use Conference Approved Literature and study the Legacies.
• Model the behavior— “Let It Begin with Me.”
• Hold business meetings.
• Have Beginners’ meetings.
Encourage sponsorship

W: Source: *Courage To Change*, March 25th

“I came to Al-Anon confused about what was and was not my responsibility. Today, after lots of Step work, I believe I am responsible for the following: to be loyal to my values; to detach with love; to rid myself of anger and resentment; to express my ideas and feelings instead of stuffing them; to attend Al-Anon meetings and keep in touch with friends in the fellowship; to be realistic in my expectations; to make healthy choices; and to be grateful for my blessings.

I am not responsible for my alcoholic loved one’s drinking ... or other choices.

Today if I am tempted to interfere with something that is none of my business, I can turn my attention instead to some way in which I can take care of myself.

“I have a primary responsibility to myself to make myself into the best person I can possibly be. Then and only then, will I have something worthwhile to share.”

X, Y & Z: That’s all folks.....