

How do you keep a group healthy, sticking with Conference Approved Literature and not bringing in outside issues?

In group meetings, we share our own experience, strength, and hope, keeping the focus on ourselves and how the Al-Anon program has helped us change our attitudes and actions. Our discussions center on solutions for our own difficulties. We try not to tell other people's stories or repeat what we see or hear, always protecting one another's anonymity and the anonymity of Al-Anon, Alateen and A.A. members, as well.

Groups at Work p. 40

There are no rigid formulas for an Al-Anon meeting...Experience suggests that more can be accomplished when members share on a single topic during the meeting and all members have the opportunity to share.

Groups at Work p. 43

"I had more energy for recovery when I didn't have to spend it trying to make sense out of turmoil."

Hope for Today p.260

Participation is the Key to Harmony .

Concept 4

- " Group Representative acts as liaison between the group and the district and between the group and the Assembly".
- "Secretary : keeps an up-to-date list of members, and their phone numbers ... orders Conference Approved Literature in sufficient quantities to supply the group's needs."
- " Program Chairperson : asks a member to chair the meeting".

Groups at Work p 46-47

"The group studies one or more of the Traditions and their value in maintaining group harmony and growth, keeping in mind the goal of Al-Anon unity worldwide. The procedure for a Tradition meeting and the sources of material, for the most part, are the same as those for a Step meeting."

Service Manual p.44

" In keeping with our Traditions, the well-being of the group must come first. That's one reason sponsorship is such a valuable tool. Our needs for self-expression are real and should be addressed. A Sponsor can give us the time and attention we need to talk about ourselves and our lives."

Courage to Change p.308

"While there may be something to be learned from a book on recovery written by a doctor or psychotherapist, that work is based on the authority of a single person. Al-anon literature offers a broader point of view than any single writer could provide."

Discovering Choices p.283

"Let's Leave Other Affiliations Outside!

- RELIGIONS, OUR PROFESSIONS, OUTSIDE PUBLICATIONS, OTHER PHILOSOPHIES, OTHER TWELVE STEP PROGRAMS

Tent Card (S-24)

"It is essential that Al-Anon remain politically, socially, and philosophically neutral. Otherwise, we might alienate many of those we are here to help
How Al-Anon Works p.120

" On occasion, members may use brief excerpts or 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."
Paths for Recovery p. 163-164

" A symptom of alcoholism in the home may be the abuse of drugs by family members. Occasional discussion of this topic is acceptable at an Al-anon meeting as it may be one of the results of living with alcoholism."
Service Manual p. 124

"Having no opinions on outside issues also means not promoting our businesses in the group or making private social plans in the meeting."
Paths to Recovery p.222

"Taking a periodic group inventory helps to keep your group healthy and invigorated. Members can use the inventory to discuss what actions need to be updated, discontinued, or improved.

- Does our group process for selecting a leader for the weekly meetings encourage members to volunteer to serve? Are the leaders prepared?
 - Is there rotation of leadership in the group?
 - Does the group have a process for handling problems? If so, are the members aware of the process? "
- Al-Anon guidelines G-8a

"...this process of following guidelines is called, "obedience to the unenforceable"

Hope for Today p. 55

"The Third Tradition assures us that the help we have found will continue to be available to anyone who seeks it, without its being diluted or altered by the latest trend or the views of a few members."

How Al-Anon Works p.110

"We do not get the Al-Anon program anywhere else, and when we come to our meetings, the Al-Anon program is all we expect to hear. Ensuring that Al-Anon is spoken here strengthens group harmony and helps keep our program positive, healthy and enduring."

Al-Anon Spoken Here (P-53) p.11