

# Meeting Format: The Opening

These are the basic materials for conducting an Al-Anon/Alateen meeting, copied directly from the *Al-Anon Alateen Service Manual, 2018-2021, version 2* pages 11-20. Many groups have modified these materials for their use and such modifications are not reflected here.

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## Suggested Al-Anon/Alateen Welcome

We welcome you to the (Meeting Name Here) Al-Anon/Alateen Family Group and hope that you will find in this fellowship the help & friendship we have been privileged to enjoy.

We who live, or have lived, with the problem of alcoholism, understand as perhaps few other can. We, too, were lonely and frustrated, but in Alanon/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 Alanon 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 Alanon/Alateen program is based on the 12 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 the daily reading of Alanon literature thus makes us ready to receive the priceless gift of serenity.

Anonymity is an important principle of the Alanon/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 Alanon.

## **SUGGESTED 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 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.