

## Opening and Welcome

Good Evening, my name is \_\_\_\_\_. Would everyone mute your microphone and join me in a moment of silence to use as you wish?

We welcome you to *Not a Religious Program*, an atheist-friendly Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy. We follow the Al-Anon steps and traditions. Our group conscience is to adjust the words to remove religious references, and we do not pray in the meeting.

This is an open meeting: we welcome visitors seeking information about Al-Anon, as well as newcomers and members of Al-Anon. Typically, someone will present a topic, so think now about a topic you'd like to present. Everyone is welcome to speak. We share when we are ready, we do not prompt, and we allow silence to gather our thoughts. Please take no more than five minutes and allow others to speak before taking another turn. While speaking or in the chat we speak from our own experiences and avoid giving advice, agreeing or disagreeing with what's been said, or directly addressing others. We also avoid politics, religion and gossip. Some of us stay for less structured discussion and questions after the meeting, but please continue to refrain from gossip and advice, even there. In this meeting people are free to refer to, but not read from, outside literature or other resources, provided they are speaking from their own experiences and not urging anyone to a course of action.

Who will volunteer to lead next week's meeting and who will volunteer to bring the topic?

We have a business meeting the first week of each month starting at 20 minutes past the hour. If you want to read, download or add to the agenda, you can do so at the link now in the chat or send the items you want on the agenda to Diane.

### ***Put into chat:***

[https://docs.google.com/document/d/1\\_-ZS5GJp9HXOJhJd9vdKWlK8CZHf6sq-SNm27m2OI9E/edit](https://docs.google.com/document/d/1_-ZS5GJp9HXOJhJd9vdKWlK8CZHf6sq-SNm27m2OI9E/edit)  
Diane 907-947-9560

To help pay for our zoom license, send contributions through venmo to @Sheila-Koren or by check to Jennifer Evans, 1 Tower Dr., Unit 706, Portsmouth, RI 02871.

Are there any announcements?

We have a list of people willing to provide support between meetings. The keeper of that list will post it in the chat.

Do we have anyone new to Al-Anon as a whole?

Do we have anyone new just this meeting?

Welcome! We are glad you are here!

*If there are newcomers to Al-Anon as a whole:* We are glad to have you, For the benefit of the newcomer(s), can we have one person share what life was like before and what it's like now? Would anyone like to stay after for further discussion with NAME?

Does anyone have a topic? (If none is forthcoming, suggest someone read something from literature, or suggest discussing one of the steps).

*\*Five minutes before the end of the meeting (if there were new members):* Would any of the newcomers like to share? It's okay to pass.

## 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 like 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.

Will all who care to, join me in closing with the Al-Anon Declaration:

Let it begin with me  
When anyone, anywhere, reaches out for help,  
let the hand of Al-Anon always be there,  
and Let It Begin with Me.

Keep coming back, it works if you work it AND YOU'RE WORTH IT.