

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 the Boise Secular Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We aim to welcome people of all faiths or no faith. Secular Al-Anon meetings have removed the presumption of monotheism from their readings and practices: no prayer and no religious references in the printed materials.

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; 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 any literature or other resources, provided they are speaking from their own experiences and not urging anyone to a course of action.

I've asked _____ to read the steps.

I've asked _____ to read the traditions.

Who will volunteer to lead next week's meeting?

Is there any business or announcements?

Do we have any newcomers that are new to this meeting or Al-Anon as a whole? (Welcome)

If there are newcomers:

For the benefit of the newcomer(s), would anyone like to share what life was like before and what it's like now?

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:

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.