



**(Your Group Name)**

## **AL-ANON SUGGESTED OPENING**



We welcome you to the (Your Group Name), Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live or have lived with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon 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 that it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon 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 Al-Anon program is based on the Twelve 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 daily reading of Al-Anon literature thus makes us ready to receive the priceless gift of serenity.

Al-Anon is an anonymous fellowship. 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 Al-Anon. This group conscience requests that all present refrain from gossip, dominance, and discussion of religion, treatment centers, self-help programs, counseling and the use or mention of material other than our Al-Anon Conference Approved Literature. Please remember that in Al-Anon we keep the focus on us and not on the problem drinker. We thank you for your cooperation in our group effort to stick to Al-Anon principles.

Everyone is welcome whose life has been affected by someone else's drinking; however, as this is an Al-Anon meeting, we ask all persons to identify themselves **ONLY** as an Al-Anon member during this meeting, regardless of membership in another twelve step program or other organization. Only in this way can we maintain the integrity of Al-Anon.