

VA Area Virtual Fall Assembly

Oct.10-11, 2020

Workshop: Healthy Virtual Meeting Worksheet

Opening: The Serenity Prayer

Welcome:

Introductions: [Panelists: Ann F., Becky B., and Christine W.]

The Basics:

Conference Approved Literature

References: Electronic Al-Anon Meeting Guideline (G-39) “In the spirit of unity...”

Personal Notes:

Welcoming the Newcomer:

References: Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.40 “The newcomer to Al-Anon...”

Electronic Al-Anon Meeting Guideline (G-39) “Consider developing a process...”

Note: Newcomer Packet available at www.al-anon/welcome

Personal Notes:

Announcements and Reports:

References: Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.19 “This is the time for announcements...”

Personal Notes:

Encouraging Sponsorship:

References: Sponsorship, What It's All About (P-31) p.3 "The group is a good place..."

Personal Notes:

Group Inventory:

Reference: Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.52. "Taking an inventory of the group..."

Personal Notes:

Public Outreach-Step 12

References: Fact Sheet for Electronic Meetings (S-60) p.3 "Al-Anon members and electronic..."

Personal Notes:

The Traditions:

Tradition 1:

References: Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.9 "The Harmony and success..."

How Al-Anon Works (B-32) p.108 "When members are unified..."

Personal Notes:

Tradition 4 – Suggested Meeting Format:

References: Courage to Change (B-16) p.112 "Something I've come to appreciate..."

Hope for Today (B-27) p.260 "It took me a while to see..."

Electronic Al-Anon Meeting Guideline (G-39) "Electronic meetings use the ..."

Personal Notes:

Tradition 7:

References: Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.55 “In keeping with...”
Electronic Al-Anon Meeting Guideline (G-39) “The following are suggestions...”
Courage to Change (B-16) p.251 “I never thought much...”

Personal Notes:

Tradition 12 – Anonymity:

References: Electronic Al-Anon Meeting Guideline (G-39) “Members guard the anonymity...”
Paths to Recovery (B-24) p.236-237 “Why is anonymity the spiritual...”
Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.41 “Anonymity in Al-Anon is a sacred...”

Personal Notes:

The Traditions, Concepts, and Warranties:**Group Conscience – Tradition 2 & Concept 5**

References: Paths to Recovery (B-24) p.280 “The inclusion and consideration...”
Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.51 “By sharing information...”

Personal Notes:

Group Business Meetings: Tradition 2 & Concept 12, Warranty 3

References: Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.49 “The group business meeting...”

Personal Notes:

The Concepts:

Service Positions – Concept 4:

References: Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24) p.53 “Participation of members...”

Personal Notes:

Report to The Assembly: *(Volunteer needed)*

Share your experience, strength, and hope from the workshop:

Closing: Al-Anon Declaration

Conference Approved Literature Referenced:

Al-Anon/Alateen Service Manual 2018-2021 v-2 (P-24)

Electronic Al-Anon Meeting Guideline (G-39)

Fact Sheet For Electronic Meetings (S-60)

Paths to Recovery (B-24)

Courage to Change (B-16)

Hope for Today (B-27)

How Al-Anon Works (B-32)

Sponsorship, What It’s All About (P-31)