

AL-ANON SPEAKS OUT

A newsletter for professionals who help families and friends of alcoholics

Summer 2000

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What Do Members Talk About At Meetings?

Most Al-Anon/Alateen groups hold discussion meetings. At these meetings, the chairperson presents a topic of his/her personal choice, or based upon the group's monthly program format. The individuality of the chairperson in selecting a topic and the sharing of the members at each meeting keep each group's discussions alive and fresh.

Topics come from many sources:

- * a specific aspect of the Al-Anon program, or slogan
- * indexes or chapters of Al-Anon/Alateen literature
- * *The Forum* "Round Table Topics" (a page from Al-Anon's monthly magazine)
- * Al-Anon's Twelve Steps, Traditions, or Concepts of Service

Members agree that optimum personal growth results when the discussion is aimed upon themselves as the family member or friend of the alcoholic rather than on the alcoholic.

Who Are The Members of Al-Anon/Alateen? (S-29).

A summary of the 1999 Al-Anon/Alateen Membership Survey results.

Every three years the Al-Anon World Service Office surveys its membership on a variety of subjects. Each survey contains data from our members that is significant to the professional community. The 1999 membership survey reveals that 51 percent of our members are referred to Al-Anon by professionals. Also evaluated is the type of help members found most valuable before and after attending Al-Anon/Alateen and a membership assessment citing the benefits of our program.

Obtain survey results by visiting our web site, www.al-anon.alateen.org or contact the Al-Anon Family Group Headquarters for a copy of the pamphlet, *Who are the Members of Al-Anon/Alateen (S-29)*

Sample Meeting Topics

- sponsorship (recovery and service)
- acceptance vs. submission
- tolerance of others and self
- planning the action, and not the results
- principles vs. personalities
- serenity and humility
- overcoming fears
- using the "tools of the program" (e.g. slogans, Traditions, Steps, sponsor, literature, meetings, telephone calls to members between meetings) to identify and deal with sadness, grief, or depression
- gratitude
- anger and resentment
- projecting or planning)
- honesty, openness, & willingness
- attitude - is mine worth catching?
- making amends
- meditation
- belief in a higher power
- Al-Anon as a spiritual program of recovery
- "Three Obstacles to Success in Al-Anon" (discussions of religion, gossip, and dominance)
- Twelfth Stepping (reaching out to newcomers)

Look for *Al-Anon Speaks Out* on line at:
www.al-anon.alateen.org
in the professional resources section

Want to know more about Al-Anon/Alateen and our groups?

Yes, please send me the following complimentary materials (check as applicable):

- 1998-2000 Al-Anon/Alateen Service Manual (P-24/27) (Free to the first 100 requests)
- Suggested Program For a Meeting (G-13)
- Alateen Safety Guideline (G-34)
- Who Are The Members of Al-Anon/Alateen? 1999 Survey in the US and Canada (S-29) pamphlet
- E-mail version, 1999 Membership Survey Report Summary
- Please have a local Al-Anon member send me a current meeting schedule
- Poster for my office

Name _____ Title _____

Organization _____ Telephone _____ E-mail _____

Address _____ City/State _____ Zip Code _____

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