

SUNDAY MORNING On- Line  
Meeting(ZOOM)

**Meeting script: NO Speaker available**

ONTARIO SOUTH - DISTRICT #28  
OTTAWA, ONTARIO

AL-ANON FAMILY GROUPS  
OPEN SPEAKER MEETING  
(Public Information)

*Updated June 2023*

## **BEGIN THE ZOOM MEETING PROMPTLY AT 11:00 A.M.**

Hi everyone, my name is \_\_\_\_\_ and I am your Chairperson for this morning. The Al-Anon Family Group hosting today is (name of your group) which meets on (day of the week) at (time) at (location).

ZOOM Participant etiquette :

Remain muted unless speaking. (microphone icon lower left in screen)

You may choose to keep video off:

- i ) to improve audio for poor internet connections
- ii) to maintain privacy in your home
- iii) if you are concerned a non-participant walking by a screen may identify you
- iv) to upload a photo if you wish. (camera icon lower left in Zoom)
- v) when moving or adjusting your environment- to minimize distraction during the meeting

Check your ZOOM name. For privacy, remove your last name. If others share your name, customize yours (i.e. Lois@Ottawa) (right click in your video window)

If at any time you need to get the chairperson's or host's attention, send a chat message. If they do not notice, you may interrupt the meeting or raise your hand.

Ask for participation from members to assist in reading Steps, Traditions, Newcomer Page, Page of the Day.

### **1) Introduction:**

The Sunday Speaker Meeting is an information service provided by local Al-Anon groups. At this open speaker meeting, members share a story, the story of their life. You might be able to identify with parts of their story. The speaker will share their own experience before and after the Program: what brought them to Al-Anon, and the strength and hope that is now part of their everyday life.

PAUSE...

## **Serenity Prayer Introduction**

It is customary, in our groups, to open the meeting with a moment of silence followed by the Serenity Prayer. May I have that moment now please...

PAUSE...

### **THE SERENITY PRAYER**

*God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
And Wisdom to know the difference*

### **SUGGESTED WELCOME**

We welcome you to the Sunday Speaker Meeting meeting and hope that you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live with, 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 happiness, whether the alcoholic is still drinking or not.

We urge you to try our Program. It has helped many of us to 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 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 Suggested Steps of 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 the daily reading of Alateen and Al-Anon literature thus make us ready to receive the priceless gift of serenity.

Like AA, 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.

### **QUALIFICATION OF THE CHAIRPERSON**

*Chairperson qualifies briefly by stating what brought them to Al-Anon and why he/she keeps coming back...*

### **ANONYMITY**

There may be some who are not familiar with our Tradition of personal anonymity at the public level. If so, we respectfully ask that no AA, Al-Anon or Alateen speaker or member be identified by full name or picture in published or broadcast reports of our meetings. The assurance of anonymity is essential to our efforts to help other families of alcoholics and our Tradition of anonymity reminds us to place Al-Anon principles above personalities.

### **SUGGESTED PREAMBLE TO THE TWELVE STEPS**

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics and by giving understanding and encouragement to the alcoholic.

## **THE TWELVE STEPS**

Study of these Steps is essential to personal progress in the Al-Anon Program. The principles they embody are universal, applicable to everyone, whatever his or her personal creed. In Al-Anon, we strive for an ever-deeper understanding of these Steps, and pray for the wisdom to apply them to our lives.

I have asked \_\_\_\_\_ to read the Twelve Steps.

## **THE TWELVE TRADITIONS**

These guidelines are the means of promoting harmony and growth in Al-Anon groups and in the world-wide fellowship of Al-Anon as a whole. Our group experience suggests that our unity depends upon our adherence to these Traditions. I have asked \_\_\_\_\_ to read the Twelve Traditions.

## **NEWCOMERS' WELCOME**

We would like to welcome any newcomers to this meeting. It is suggested that you attend at least SIX Al-Anon meetings and read some of our literature before you decide whether it is for you or not. In these six meetings, we hope you will come to realize, as we have, that alcoholism is an illness and a family disease. We come to Al-Anon to help ourselves. Please remember that we are not professionals, but a group of people who have experienced similar emotions. Keep an open mind and we hope that you will find the same serenity in the program as we have.

We encourage you to SPEAK TO SOMEONE after the meeting, perhaps one of the people participating today, or anyone else with whom you may feel comfortable.

There are many resources available. Resource links can be sent to you directly or feel free to visit the Ottawa Al-Anon website for more information, links for free material and an on-line meeting list. There are meetings available seven days a week.

Books and pamphlets can be ordered from our Literature Distribution Center, contact information is on the Ontario South Al-Anon website.

I have asked \_\_\_\_\_ to read a special Newcomer welcome from one of our daily readers.

## **PAGE OF THE DAY**

One of the many tools of recovery is daily reading of Al-Anon literature. I have asked \_\_\_\_\_ to read the page for today from one of our daily readers.

## **DISCUSSION**

***Chairperson:** Pick a discussion topic. Find a reading in the Al-Anon literature if possible (e.g. Hope, Choices, Step 1... etc.) Give a brief sharing on the topic. Remind group to keep their sharing to a limit so others can have a turn. Introductions around the circle by first name only. Open up the discussion.*

*End the discussion at 1150 hrs.*

## **7<sup>th</sup> TRADITION**

Our Seventh Tradition states that every group is fully self-supporting through its own voluntary contributions. Although we have no dues or fees, we do have expenses. This meeting is organized by the Ottawa Al-Anon Information Service(AIS), which administers essential activities such as: the Telephone Answering Service, the production of meeting lists, the purchase & distribution of Al-Anon literature, and payment for on line meeting facilities. If you would like to make a contribution, we encourage you to:

1. consider supporting your home group

Or

2. send an E-Transfer to District 28 (Ottawa) at: [treasurerdistrict28@gmail.com](mailto:treasurerdistrict28@gmail.com).

## **ANNOUNCEMENTS**

1. ALATEEN: Meetings are for young people, usually teenagers, who have been affected by a relative or friend's drinking. ALATEEN is part of Al-Anon and teens are welcome at all Al-Anon meetings.

2. There is an Ottawa Alateen meeting available. Please contact the Ottawa Alateen coordinator at [alateenottawa@gmail.com](mailto:alateenottawa@gmail.com) for more information.

3. Resources for teens are available on the Al-Anon's world service office website (<https://al-anon.org/>)

Chairperson asks if there are any other announcements from the floor...

Chairperson thanks all those who helped with the meeting...

### **SUGGESTED 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.

A few special words to those of you who have not been with us long: whatever your problems, there are those among us who have had them too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered, and no unhappiness too great to be lessened.

We're not perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you will discover that though you may not like all of us, you will love us in a very special way, the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you one day at a time.

***We will now close the meeting with the Al-Anon Declaration (and a prayer if the group chairing chooses to add one):***

### **Al-Anon Declaration**

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