

# **WELCOME!**

**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.**

**We welcome you to the Enumclaw Sunday Nite  
Al-Anon/Alateen Family Group ZOOM meeting, 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/Alateen  
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 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 make 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.**

**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.**

**This is a closed meeting and this group's members have decided that in the interest of safety, and in accordance with Traditions 1, 5, 6 and 12, everyone in attendance must be sober and not disruptive of the meeting.**

## **Announcements:**

**\* To observe the 7th tradition while only electronic meetings are available we ask that you send a check to our PO box, address will be given at end of this meeting.**

**\* Our business meetings are held the first Sunday of each month at 5:30 PM. We'll use the same meeting number and password as long as we're not being interrupted**

**\* Any other announcements?**

**Now we'll read the TWELVE STEPS and TRADITIONS:**

### **THE TWELVE STEPS**

**The study of these Steps is essential to progress in the Al-Anon program. The principles they embody are universal, applicable to everyone, whatever his 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.**

**1. We admitted we were powerless over alcohol—that our lives had become unmanageable.**

**2. Came to believe that a Power greater than ourselves could restore us to sanity.**

- 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove all these defects of Character.**
- 7. Humbly asked Him to remove our shortcomings.**
- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**
- 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

## **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 on our adherence to these Traditions:**

- 1. Our common welfare should come first; personal progress for the greatest number depends upon unity.**
- 2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.**
- 3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.**
- 4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.**
- 5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.**

**6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.**

**7. Every group ought to be fully self-supporting, declining outside contributions.**

**8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.**

**9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

**10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.**

**11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.**

**12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.**

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**AL-ANON is spoken here. Please leave other affiliations outside—your profession, other philosophies, outside publications, religions and other 12 step programs. Let's keep the focus on our program please.**

**We have taken a vote to keep cross talk out of all our meetings, including these where texting cross talk is also inappropriate.**

**Tonight's chairperson will announce the topic of the evening and then we will have a short break before continuing.**

**Now for tonight's topic!**

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**In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked 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 haven't 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 aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us, you'll 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.**

**Will all who care to join me in closing with the Al-Anon Declaration:**

**Let It Begin with Me  
When anyone, anywhere,  
reaches out for help,  
let the hand of Al-Anon and Alateen  
always be there, and—  
Let It Begin with Me.**

**Our mailing address is:**



**Enumclaw Sunday Nite AFG**  
**PO BOX 1314**  
**Enumclaw, WA 98022**