



**Thursday Night  
Men's Topic AFG  
Meeting**

# THURSDAY NIGHT MEN'S TOPIC MEETING

## Meeting Agenda / Chairperson's Guide

- **Cell Phone Reminder**
- **"Please join me in a moment of silence followed by The Serenity Prayer"**

**God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the  
difference.**

### ➤ **Al-Anon Welcome**

We welcome you to the **Thursday Night Men's Topic 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 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 and member-to-member, must be held in confidence. Only in this way can we say what's on our minds and in our hearts, for this is how we help one another in Al-Anon.

## ➤ **Statement of Purpose**

Our meetings last for approximately one hour. During this hour we come together for mutual help. We come to learn how to live the Al-Anon program.

This group conscience requests that all present refrain from gossip, dominance and discussion of religion, treatment centers, self-help programs and counseling. Please remember that in Al-Anon we keep the focus on us and not on the alcoholic.

We ask you for your cooperation in our group effort to stick to Al-Anon principles.

## ➤ **Newcomer's Welcome** *(if applicable or desired / offer Newcomer's Packet)*

As a newcomer, you may feel that you are here tonight for the alcoholic...that your presence here may teach you how to stop his or her drinking. The truth is you are here because of the alcoholic and not *for* the alcoholic. You will soon learn that you did not cause the alcoholic to drink, that you cannot control the drinking, nor can you cure the alcoholic. You are here for *yourself*. You and you alone are responsible for dealing with your own pain. This is *your* program, it is your recovery from the effects of the disease of alcoholism.

You will find love, understanding and a lot of hope from the Al-Anon Family Group. The people around you tonight are experiencing in various degrees the hurt, the anger, the anxiety that you are experiencing. We in Al-Anon share our experiences because it helps us to focus on ourselves and our recovery. We do this with the use of the Al-Anon tools of the program... the Steps, Slogans and Literature which will be provided to you.

Al-Anon will work for you if you allow it to. It's as effective as you make it. It's the safe place, the right place to be. Feel free to ask any questions...or you may feel more comfortable just listening. That's fine too. There are no "musts" in Al-Anon.

Finally, what you say or hear here, and who you see here tonight, stays in this room. Your anonymity is protected at all times.

➤ **Introductions by first names only.**

➤ **Ask for volunteers to read the Twelve Steps and Twelve Traditions (next pages)**

## The Twelve Steps of Al-Anon

**Because of their proven power and worth, AA's Twelve Steps have been adopted almost word for word by Al-Anon. They represent a way of life appealing to all people of goodwill, of any religious faith or of none. Note the power of the very words!**

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.

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# The Twelve Traditions of AL-Anon

**The Traditions that follow bind us together in unity. They guide the groups in their relations with other groups, with AA and the outside world. They recommend group attitudes toward leadership, membership, property, public relations and anonymity. Although they are only suggestions, AlAnon's unity and perhaps even its survival is dependent on adherence to these principles.**

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, TV, and social media. 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.

- **Ask if there are any Al-Anon or AA announcements and/or any reports.**
- **Pass around the sign-up call list.**
- **Pass around the donation basket.**  
**"We have no dues or fees, but we pass the basket to cover group expenses"**
- **Request a topic from the floor.**  
**Ask the group for topic suggestion.**  
**If the group has no topic suggestion, the chairperson can offer one.**  
**If the chairperson has no topic suggestion, consider doing a reading from 'One Day at a Time', or from any of the other books in the group's literature collection.**

## WRAP UP

➤ **Thank everyone for their participation and for sharing their hopes strengths and experiences**

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 and 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.

### CLOSING

"Will all who care to, join me in our closing"  
[the group fist-bumps during the closing]

**God, grant me the serenity to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.**

Motto:

**Keep coming back. It works when you work it.**

Men's Agreement:

**I'm a man.  
I can change.  
If I have to.  
I guess.**