



Searching and Fearless

CAL Book Study

Mondays 7:00pm - 8:00pm ET

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.

SUGGESTED AL-ANON OPENING

We welcome you to the SEARCHING AND FEARLESS 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 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 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. Anonymity is an important principle of the Al-Anon program. 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.

FORMAT & ETIQUETTE:

Are there any Al-Anon related announcements?

- The meeting starts at 7:00pm and ends at 8:00pm
- Please mute your mic when you aren't sharing to avoid interrupting others.
- This is a closed meeting for Al-Anon members and prospective members only. Anyone who has been affected by someone else's drinking is welcome.
- In accordance with Tradition 1, we use and reference Al-Anon Conference Approved Literature (CAL) only during the meeting.
- Please share in a general way, leaving the details to your sponsor.
- This meeting is a Book Study; we are currently reading From Survival to Recovery.

SEVENTH TRADITION

We have no dues or fees; according to our Seventh Tradition, 'Every group ought to be fully self-supporting, declining outside contributions.' We contribute in gratitude for what we have received from Al-Anon.

This meeting is hosted by Al-Anon Beaufort County, our local Information Service. If you would like to make a donation to them, you may do so by going to <https://al-anon-lowcountry.org/contribute>

NEWCOMERS

Are there any NEWCOMERS to the meeting?

(If there are newcomers, read the following, otherwise skip it.)

It is suggested that you attend six meetings before deciding whether or not Al-Anon is for you. Each meeting has its own format, atmosphere and personality. You may want to find a temporary sponsor who could provide some guidance early on. In Al-Anon we share our experience, strength and hope with one another and our goal is to keep the focus on ourselves, which aids us in our own individual recovery. We use the Al-Anon tools of the program, which include the steps, traditions, concepts, slogans and conference approved literature. These are all available to you.

We also encourage you to go to <https://al-anon.org/welcome> and fill in your email address to receive the digital newcomers welcome from Al-Anon World Service which has lots of helpful information for newcomers.

Members will stay on after this meeting to answer any questions you may have.

VOLUNTEERS DO THE FOLLOWING READINGS:

PREAMBLE & LEGACIES

THE 12 STEPS

TRADITION INTRO + MONTH #

CONCEPT INTRO + MONTH #

SOMEONE VOLUNTEERS TO START READING FROM WHERE WE LEFT OFF.

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 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.

AI-Anon/Alateen Declaration

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