



How Al-Anon Works
Workshop

Hosted by

District 17, Area 86

Ontario, Canada

Presenters:

Wendy C. Etobicoke, ON

And

Ken T. Girard, PA



How Al-Anon Works

Workshop

AGENDA

Saturday the 16th of January, 2021

9:00 AM	ZOOM ROOM OPENS
9:30 AM	OPENING
9:45 AM	SESSION 1
10:45 AM	BREAK
11:00 AM	SESSION 2
12:00 PM	LUNCH
12:30 PM	SESSION 3
1:45 PM	BREAK
2:00 PM	SESSION 4
3:00 PM	CLOSING

From Ken and Wendy:

We wish to welcome you all to the Virtual Workshop on the book *How Al-Anon Works for Families and Friends of Alcoholics*. (B-32).

You may wonder how we are going to go through the whole book in one day. We are not!! We will be going over part of the first 149 pages. We will NOT be reading it verbatim. We are hoping you will have had the opportunity to read it prior to coming to this workshop, however if you have not had time, stick around anyway.

We will be sharing our personal experiences with regards to the text. We are not scholars nor are we experts on the book. We also do not represent Al-Anon as a whole. We are members sharing what we have felt, experienced and gained through the Al-Anon/Alateen program.

We will be following the book chapter by chapter. Although the first edition of this book was published in 1965 – and just as the book *Alcoholics Anonymous* was first published in 1939 – the text is relevant even today.

Al-Anon is not a “Self Help” fellowship. It is a “Mutual Support” group. At our meetings we leave our professions, religions, other philosophies, and other 12 step programs outside the room and stick to Al-Anon literature and sharings. We do not preach and teach. We do not give advice other than: “Al-Anon can help you.” and “Keep coming back.”

Our goal is to familiarize you with this book and other Al-Anon publications and how they have contributed to our recovery from Alcoholism the Family Disease and we hope it will help you too.

How Al-Anon Works

For Families & Friends of Alcoholics

Preamble

Preface

A Special Word to Anyone Confronted with Violence

The Al-Anon Program

The Many Faces of Al-Anon

Help and Hope

Finding Help

Understanding Ourselves and Alcoholism

Becoming Aware

The Family Disease of Alcoholism

Breaking our Isolation

The Twelve Steps

The Al-Anon Slogans

Changed Attitudes

Detachment, Love, and Forgiveness

Taking Care of Ourselves

Communication

Service

Keep Coming Back

Twelve Traditions

Twelve Concepts of Service

Al-Anon's History

The Many Faces of Al-Anon

Help and Hope

Finding Help

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Twelve Traditions

Twelve Concepts of Service

Al-Anon's History

SLOGAN

PRINCIPLE

----- STEP 1 -----

----- STEP 2 -----

----- STEP 3 -----

----- STEP 4 -----

----- STEP 5 -----

----- STEP 6 -----

----- STEP 7 -----

----- STEP 8 -----

----- STEP 9 -----

----- STEP 10 -----

----- STEP 11 -----

----- STEP 12 -----

SLOGAN

PRINCIPLE

-----Tradition 1-----

-----Tradition 2-----

-----Tradition 3-----

-----Tradition 4-----

-----Tradition 5-----

-----Tradition 6-----

-----Tradition 7-----

-----Tradition 8-----

-----Tradition 9-----

-----Tradition 10-----

-----Tradition 11-----

-----Tradition 12-----

SLOGAN

PRINCIPLE

-----_Concept 1_-----

-----_Concept 2_-----

-----_Concept 3_-----

-----_Concept 4_-----

-----_Concept 5_-----

-----_Concept 6_-----

-----_Concept 7_-----

-----_Concept 8_-----

-----_Concept 9_-----

-----_Concept 10_-----

-----_Concept 11_-----

-----_Concept12_-----

SLOGANS

KEEP IT SIMPLE

BUT FOR THE GRACE OF GOD

EASY DOES IT

SLOGANS

FIRST THINGS FIRST

JUST FOR TODAY

LET IT BEGIN WITH ME

SLOGANS

HOW IMPORTANT IS IT?

THINK

ONE DAY AT A TIME

SLOGANS

KEEP AN OPEN MIND

LIVE AND LET LIVE

LET GO AND LET GOD

Our Three Legacies

RECOVERY

Through

The

STEPS

UNITY

Through

The

TRADITIONS

SERVICE

Through

The

CONCEPTS

Bibliography:

- P-17 The Twelve Steps and Traditions
- P-32 This is Al-Anon
- P-4 Alcoholism the Family Disease
- P-3 Alcoholism, a Merry-Go-Round of Denial
- P-7 A Guide to the Family of the Alcoholic
- P-15 The Three Views of Al-Anon
- B-21 From Survival to Recovery
- B-6 Courage to Change
- K-10 Newcomers' Packet
- P-92 Reaching For Personal Freedom
- B-7 Lois Remembers

Literature is available through your local District, or Area 86 OntarioSouth <http://al-anon.alateen.on.ca/literature/> or through www.al-anon.org

7th Tradition may be sent through etransfer to:
HAWworkshop17@gmail.com

Taping is provided through: <https://www.recoverytapers.com>

Mike McK (314) 835-8731

Donations to Recovery Tapers can be made by credit card or PayPal