

52 Topics for “Al-Anon Spoken Here Meeting”

Date	THE TWELVE STEPS	Date	TOPICS
WK #1	1. We Admitted We Were Powerless Over Alcohol, That Our Lives Had Become Unmanageable.	WK #13	Sex
WK #2	2. Came To Believe That A Power Greater Than Ourselves Could Restore Us To Sanity.	WK #14	One Day At A Time
WK #3	3. Made A Decision To Turn Our Will And Our Lives Over To The Care Of God As We Understood Him, Praying Only For Knowledge Of His Will For Us And The Power To Carry That Out.	WK #15	Easy Does It
WK #4	4. Made A Searching And Fearless Moral Inventory Of Ourselves.	WK #16	Sponsorship
WK #5	5. Admitted To God, To Ourselves And To Another Human Being The Exact Nature Of Our Wrongs.	WK #17	Live And Let Live
WK #6	6. Became Ready To Have God Remove All Our Defects Of Character.	WK #18	Awareness, Acceptance & Action
WK #7	7. Humbly Asked Him To Remove Our Shortcomings.	WK #19	How Important Is It?
WK #8	8. Made A List Of All Persons We Had Harmed And Became Willing To Make Amends To Them All.	WK #20	Literature
WK #9	9. Made Direct Amends To Such People Where Ever Possible Except When To Do So Would Injure Them Or Others.	WK #21	Service At The District Level (How Does Al-Anon Work?) District Rep, group rep, Alateen Sponsor, Alateen Coordinator, Institutions Coordinator, A Day in Al-Anon or other special functions.
WK #10	10. Continued To Take Personal Inventory And When We Were Wrong, Promptly Admitted It.	WK #22	The 3 C's. We Didn't Cause It, We Can't Control It. And We Cannot Cure It. (Detachment)
WK #11	11. Sought Through Prayer And Meditation To Improve Our Conscience With God As We Understood Him, Praying Only For Knowledge Of His Will For Us And The Power To Carry That Out.	WK #23	Let Go And Let God
WK #12	12. Having Had A Spiritual Awakening As A Result Of These Steps, We Carried This Message To Others And Practiced These Principals In All Our Affairs.	WK #24	Let It Begin With Me (Include Service)
		WK #25	Keep An Open Mind

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Date	THE TWELVE TRADITIONS	Date	TOPICS
WK #27 7/4/08	1. Our common welfare should come first; personal progress for the greatest number depends upon unity.	WK #39 9/26/08	This Too Shall Pass
WK #28 7/11/08	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.	WK #40 10/3/08	Using The Telephone
WK #29 7/18/08	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.	WK #41 10/10/08	Act As If
WK #30 7/25/08	4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.	WK #42 10/17/08	Keep It Simple
WK #31 8/1/08	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	WK #43 10/24/08	But For The Grace Of God
WK #32 8/8/08	6. Our Al-Anon 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	WK #44 10/31/08	To Keep It You Have To Give It Away. . . (Include Service)
WK #33 8/15/08	7. Every Group ought to be fully self-supporting, declining outside contributions.	WK #45 11/7/08	Stinking Thinking (Sneaking Thinking)
WK #34 8/22/08	8. Al-Anon Twelfth-Step work should remain forever nonprofessional, but our service centers may employ special workers.	WK #46 11/14/08	First Things First
WK #35 8/29/08	9. Our Groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	WK #47 11/21/08	Service At The Meeting Level (Secretary, Treasurer, Literature Person, Coffee Maker, Speaker Seeker, Greet Newcomers, Speak, Help Clean-Up etc.)
WK #36 9/5/08	10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.	WK #48 11/28/08	H.A.L.T! Don't Get To. . . Hungry, Angry, Lonely Or Tired.
WK #37 9/12/08	11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of	WK #49 12/5/08	Listen And Learn
WK #38 9/19/08	12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.	WK #50 12/12/08	H.O.W? Honesty, Open-mindedness And Willingness.
		WK #51 12/19/08	Just For Today
		WK #52 12/26/08	Money