**Widening My Circle of Awareness Workshop**

**Outline and Agenda for Spring Assembly 2024**

**2:30-3:30pm Saturday 3/23/24**

(Created by Eloy M., Kathy C, Deborah A. and Marilyn B. with Guidance from Nancy R.)

1. **Introduction: Eloy (5 min)**

Saturday morning 8:30am Greeting at the door to all who come back from break so they feel welcome (all) Host district may want to participate as well.

*Eloy will speak to:*

* the importance of making people feel welcome and the spiritual principles behind acceptance.
* Spiritual leveling, Step 12- outreach
* Many Voices One Journey- history of the program- =among=
* There’s no growth in the comfort zone (purpose of the workshop)

1. **Breakout Groups: Deborah (10 min) Intro**

**Today we will be exploring several questions at the individual, group and assembly level.**

**Workshop Outcomes:**

Please identify what actionable steps could you take going forward to widen your circle at the various levels. Some readings from CAL may help guide you:

* Tradition one – accounts for inclusion. Speaks to common welfare and personal progress with unity.
* Traditions 3 and 5 speak to our primary purpose – to help the families and friends of the alcoholic; be welcoming and comforting to those who need/want this program.
* Concept 4. Participation is the key to harmony. If we lead our groups with the principles from the Steps and Traditions, and welcome all people who need this program, with the express primary aim of healing from the effects of alcoholism then this would be our highest goal. And it all begins with each one of us: Let it begin with me.
* Readings from CAL (include Spanish CAL)

**3. Group Discussion (25 minutes) Workshop Participation & Facilitation (All facilitate)**

**Assign groups to look at the lens of individual interactions, group level, area level. Have people find people they are unfamiliar with for groupings. 9 groups 3 indiv, 3 grp, 3 assembly) Distribute questions to the groups along with a sheet of quotes from cal (traditions, slogans, steps etc. that speak to DEI) (see appendix for questions)**

**Possible Discussion Questions:**

1. What visions do you have to widen your circle?

* How do I welcome others to our fellowship using Al-anon principles? (ALTFM October 11&13)
* What experiences, positive or negative, inspire me to “ Let it begin with Me”? (ALTFM Jan 23)
* What spiritual principles can I use to set aside beliefs or misunderstandings I may have of others who are different from me? (*regarding cultures and ethnic groups*)?

1. What motivates you to widen your circle?

* What steps have I taken or could I take to widen my circle to welcome members of AA to Al-Anon groups?
* How can I be welcoming to others today? (ALTFM June 18) *I particular like this entire reading as a focus for the workshop!*
* In what ways has Al-Anon helped me accept myself as I am and others as they are? (ALTFM Nov 6)

1. What obstacles impede you from widening your circle?

* What blocks me from having an open mind and a friendly welcoming attitude toward people who are not like me?(ALTFM October 13)
* Do I keep my opinion to myself to avoid controversy? (ALTFM October 15)
* What prejudices or biases stand in the way of my recovery and welcoming others with open arms? (ALTFM March 7)
* What can help me keep my mind free of judgment? (ALTFM Jan 25)
* Why do I focus on the differences between myself and others in and outside the room? (Forum January 2024 - We’re on this Journey together)

1. What actions could (I, we) take to address widening (my, our) circle at the (individual, group or assembly level)?

* What Al-Anon tool will help me most today? (ALTFM October 27)
* How do I focus on our common solution - the solution that focuses on unity? (Forum January 2024 - We’re on this Journey together
* What steps have I taken or could I take to expand my personal circle of people I interact with?
* What are some ways I can “put love into action” in Al-Anon today? (ALTFM Dec 5)

1. **Have participants share about their discoveries or an action plan with the whole group. (15 minutes)**

**5. Closure: Marilyn (5-7min) (This is the part we still need to work on )**

Summarize main points and reminders of the importance of inclusion for the good of the fellowship as a whole.

Being open- moving beyond our comfort zone (bias) fighting complacency

Practicing these principles in all our affairs

Although you might not like all of us. you’ll love us the way we already love you (suggested closing)

Talk to each other, reason things out

Principles before personalities

Take what you like and leave the rest

Serenity prayer

Apendices

Individual Level Questions (Blue shades)

(Groups 1,4,7)

Presenter\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recorder\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What actions could I take to address widening my circle at the individual level)?

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* What steps have I taken or could I take to expand my personal circle of people I interact with?
* What are some ways I can “put love into action” in Al-Anon today?

(ALTFM Dec 5)

\*A Little Time for myself-A Collection of Al-Anon Personal Experiences

Group Level Questions (Red shades)

( Groups 2,5,8)

Presenter\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What actions could we take to address widening our circle at the group level?

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Area Level Questions (Yellow Shades)

(Groups 3, 6, 9)

Presenter\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What actions could we take to address widening our circle at the assembly level?

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