

THE AL-ANON EXPERIMENT
Colorado Area Spring Assembly Workshop
March 20-22, 2026, Ft. Collins, CO

PART 1 - THE SKIT

**PART 2 - PARTICIPATION IS THE KEY TO HARMONY
THE AL-ANON EXPERIMENT**

Debbe: Colorado has had significant growth over the years. Because we have many new members as well as members moving here from other states, each may have a different view of the Al-Anon program. We can find unity in Al-Anon "Groups at Work." At \$1.10 per booklet, every member can have a copy. To celebrate the new 2026, 2027, 2028, 2029 Groups at Work (GAW), groups can buy copies to put in front of members when they become available in April! Let's look together at some of those suggestions... Be ready to chime in.

TITLE PAGE, "Every Al-Anon and Alateen member is encouraged to actively use and study this Manual."

Page 3: Preface 2022-2025 "...Groups at Work...tool for groups in the hopes of making this important group information available to more members worldwide."

Page 8: Introduction "...helping themselves and others to lead purposeful, useful lives by overcoming the frustration and helplessness caused by close association with an alcoholic."

Page 9, 10: Suggested Meeting Outline/ Suggested Meeting Readings "many find a general outline helpful"

Page 18: Closing "in a manner agreeable to the group conscience"

Page 19: Optional readings for "meeting topics" or "group meeting format", e.g. Anonymity,

Page 20: 4 primary ideas,

Page 20: 3 obstacles,

Page 21: Understanding Alcoholism – Obsession, Addiction, Compulsion, Denial

Page 22: Understanding Ourselves - Obsession, Anxiety, Anger, Denial, Feelings of Guilt

Page 26: "any two or more relatives or friends of alcoholics who meet to solve their common problems may call themselves an Al-Anon Family Group... (old 27)

Page 33: Initial group positions: CMA, GR, Secretary may also be Treasurer Full group positions pg 57

Page 37: "share our own experience strength and hope keeping the focus on ourselves and how the Al-Anon program has helped us change our attitudes and actions"

Page 38: "where there is no beginners' meeting a member can briefly share (maybe 2 min?) their experience strength and hope provide the newcomers with Cal" ..., newcomer packet... offer to talk or text. Some groups pass schedule, write on it our contact information, newcomers then know who they hear at the meeting

Page 39: "fellowship of equals" "program of principles, not personalities"

Page 40: Meeting Ideas "single topic" "as many members as possible have the opportunity to share" Have you tried...Concepts? e.g., Steps, traditions, concepts, slogans, panel, literature,

Page 42: Speaker Meetings - Speakers 2-3 Al-Anons? Special event? Outside speakers? AA speaker? Offer "members interested in speaking" G1, starting off maybe 10, 15, 20 minutes)

Page 42: Occasional meetings – Group inventory? Writing meetings? Public Outreach meeting? (PO coordinators....ideas??)

Page 46, 47, 48, 49: "informed group conscience" is "will of the group" needs "all the information" "principles above personalities", "Once a group conscience is made, the entire group supports the decision"

Page 47: "special meetings or projects"

Page 47: Business meetings guidance from 12 Traditions & 12 Concepts, particularly Trad 2, Warranty 3, also problems gossip, dominance, adding service positions, rotation of leadership, inappropriate behavior, group unity.

Page 49-50: Group Inventory, Group Problems and Solutions: Policy section, safety, not inappropriate or intimidating, group behavior guidelines, confidentiality & anonymity, Resolve Conflicts Kit (K-70)

Page 51: "participation of members in group activities... real involvement with the group...solidifies the relationship of the individual and member to the group informed group conscience. E.g. members donate a basket to a silent auction at fundraiser)

Page 51: Trusted Servants Reports – chair asks elected Trusted Servants, to report, e.g., GR Periodically updates on District/Assembly, "or can share an item of interest from the Forum or the Loop" (Forum drawing can serve the purpose)

Page 52, 53, 54, 55, 56, finances, budget, sufficient operating funds, quarterly appeal, Banks, Insurance
Page 57, 58, 59, 60: group service positions, e.g. 3 years GR/Alt GR, 1 year chair, secretary, treasurer, literature, 1 month Program chair, (ask if they are coming anyway, no inconvenience, also have alts for each so not tied down)
Page 59: GR represents The Forum: acquaints members, suggests & submits subscriptions, encourages writing for The Forum (drawing for Forum)
Page 60, 61, 62, 63: Websites, WSO Literature and Guidelines, Area Assemblies, etc, District tinyURL, etc.
Page 63, 64, 65, 66, 67, Structure – groups, Districts, AIS/Intergroups (Service Center), ISR, Areas, Assemblies, Area World Service Committee,
Page 67, 68: World Service Conference meets annually “entrusted by the group conscience, in accordance with Concept 3 to make the decisions for the fellowship worldwide.” (old 68,69)
Page 70, 71,72, 73, 74: Basic Terms (old:72)]

PART 3 – EXTRAS

THE AL-ANON EXPERIMENT

Extras, individual groups have ideas specific to the group :

- * Crosstalk policy, compliments, reference to others sharing, kind of like applause and boos at area, WSC
- * FORUM The GR represents the Forum. Can support the forum by passing a can, put your name phone number, \$0.25, drawing at \$11 (instead of pg 51 “at each meeting the GR can share an item of interest from the ‘Forum’ or ‘In The Loop’ ”
- * Potluck, or brown bag either end of the month, or 5th meeting of the month after speakers
- * Encourage taking “Forums”, asking receptionist at doctor's office, schools, etc if we can leave them
- * On hardbound books back cover says “Self help/Recovery” to distinguish from professional groups
- * Not using Chants e.g., keep coming back is from treatment centers, principles above personalities brought in by dual members, becomes automatic, no group conscience. I simply explain in Al-Anon we have trouble following all the traditions, so we don't say it
- * 5th meeting of the month make a speakers meeting priority PRACTICE telling our story, 2@ 15 minutes or 1@ 30 minutes