

Workshop: Under Construction: Moving forward with Unity, Courage, and Perseverance

Introduction Part #1- reading from 'Paths to Recovery' pages xii-xiii. Then Declaration of Unity taken from 'How Al-Anon Works for Families & Friends of Alcoholics' page 107 soft cover-page 109 hard cover.

Part #2-reading from 'Many Voices, One Journey' page 383-384.

Unity – reading from “Reaching for Personal Freedom”-workbook -page 68.

Then Question - How can I contribute to the unity of my life, my family, my group, District and Area?

Answers:

- -by listening to others (listen & learn)-giving respect-being open minded-an active listener
- -surrendering to a Higher Power
- -sharing the duties in my home, my work, my group, District and Area-don't try to control other
- -by doing something for another without them knowing, makes me feel better inside-use Slogans
- -show compassion and love for one another-we have a common purpose/goals
- -Business Meeting- all are in agreement (agree to disagree)-have right to express opinion/only 1 or 2x
- -consistency of al-anon meetings every week-working out the issue of hybrid meetings who have different members in each
- -being respectful and kind to one another-encourage each other
- -letting go of the “little stuff”, “pick your battle”
- -in Al-Anon, the defensiveness is removed at the meetings, safe to share what is on your mind and heart
- -when taking a position, ask for help when needed. Don't struggle to do it on your own. Share in decision making
- -communication is important- both listening and speaking- say what you mean, mean what you say, but don't say it mean.
- -just show up as yourself ! -Concept 4 – Participation is the key to harmony.
- -Work the Steps, Traditions & Concepts personally
- -attend Assemblies & Workshops, taking this information back to home group. Not having a G/R can decrease the unity of the group.
- -Tradition 1 – Our common welfare should come first-personal progress for the greatest number depends upon unity!

Courage – reading from the ODAT- page 84.

Question : What tools do I use to replace fear with courage to move forward in recovery?

Answers:

- -important to be heard, don't stuff your feelings-self honesty-sharing
- -get a sponsor and use her!
- -keep attending meetings
- -talking & listening at meetings and learning
- -learn to trust
- -get involved with the program
- -doing Steps 4 & 5 - journaling
- -have a relationship with your Higher Power- Serenity Prayer – Step 11
- -use distraction to diffuse a difficult circumstance ie: humor
- 'just do it!' – take a deep breath & jump in – leap of faith

- -remember Al-Anon has given me dignity and confidence-it grounds us, makes us stronger and all of that gives me courage to face life head on!
- "stick with the program"-will see my progress and the progress of others
- -remember we are not alone-talk it out with another member
- -use the slogans ie: "This too shall pass".
- -use the Serenity Prayer
- -acceptance, do not have to like it-acceptance of self – stop taking everything so personally or trying to fix everyone and everything

Perseverance- reading from Courage to Change – page 28

Question:- How do I persevere with my program?

Answers

- -keep going to meetings-attending other meetings (use ZOOM) all make me feel good- its like going to an emotional gym!
- -find Serenity in the program and in your life
- -never miss a meeting
- -have a Sponsor (Life Coach)-hear their experience, strength and hope and share mine
- -know that I belong and that someone understands where I am coming from-not alone-no judgements, can speak my truth safely
- -Al-Anon gives me a family and friends
- -listen to Newcomers to remind us how far we have come
- -have a relationship with my Higher Power-Step 11 and Step 3
- -gratitude of what I have
- -use the slogans and bookmarks
- -helps me deal with ongoing addictions/dry drunks in family and friends
- -new things/life keeps happening always more to learn, working to become a better person
- -realize we never graduate - be mindful of my state, progress not perfection
- -working the program daily in my life-is my responsibility, it is for me
- -get involved in service, there are lots of people to ask for help
- -embracing newcomers, encourage all, they remind us of how far we have come, Let It Begin with Me
- -learn to understand more about the disease, to have compassion for the alcoholic, tell kids about it
- -connection is the opposite of addiction.
- -Al-Anon is very affirming.

It was concluded with a windup using Power Point to illustrate that the Construction is finished!
The pylon becomes a triangle of Unity, Courage and Perseverance!!!

I hope you have enjoyed this workshop. I have given you a condensed version, as that fits into the Minutes of our Assembly much better!

Summarized by District 5 Rep.