



WRITING WORKSHOP

Al-Anon / Alateen Fall Assembly

Saskatoon, SK

October 29th, 2022

Presented by Area 89 Newsletter Coordinator &
Area 89 Literature Coordinator

THREE C'S OF WRITING

- COMPOSE
- CREATE
- COMMUNICATE
- Compose, Create & Communicate today on the topic of “Living in the Present” or a topic of your choosing.



WHAT KEEPS ME FROM WRITING ABOUT MY EXPERIENCE, STRENGTH & HOPE?

- Time?
- Anonymity?
- Lack of confidence?
- Others won't like it?
- Lack of writing skills?
- It won't sound right?
- Can't get started...
- Rejection?

SHARING EXPERIENCE, STRENGTH AND HOPE

Everyone has something to **share** about the Al-Anon program, whether you are a newcomer or longtime member:

- Al-Anon helps us to recover from the effects of someone else's drinking, to improve and live happier lives
- There are tears, fears, joys and laughter.
- We learn ways to deal with and respond to the sorrows, miracles, setbacks and move forward.
- Recovery is a journey
- **Writing is a way of sharing!**

COURAGE, HONESTY & RECOVERY

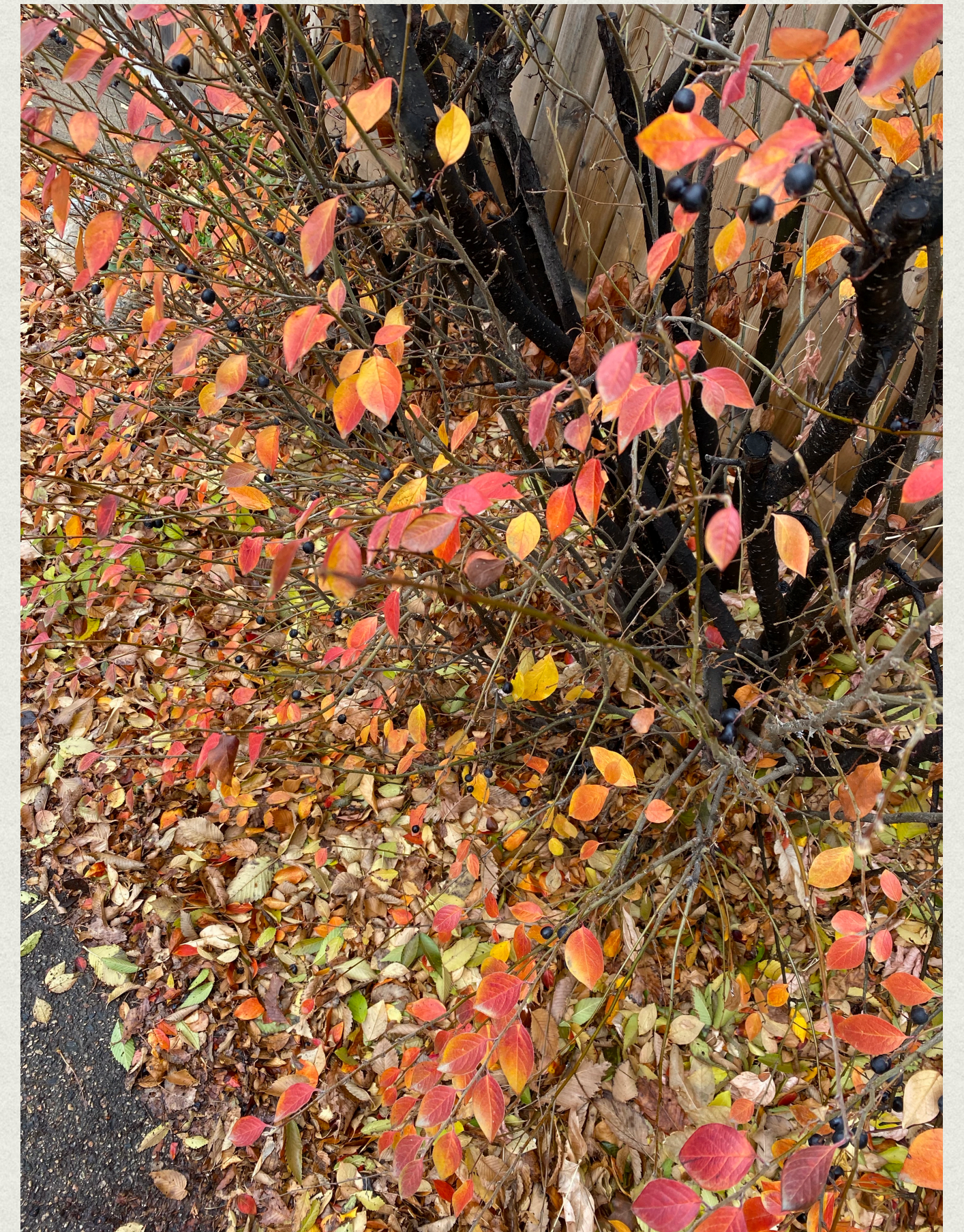
- You don't have to have all the answers, and your story does not have to be perfect
- It takes **courage** to write with complete **honesty**, but finding that courage is another step towards **recovery** for you and those who read your sharing.
- The World Service Office staff will edit any Forum submissions for grammar, punctuation, spelling, clarity and length

FORUM WRITING GUIDELINES (F1) and NEWSLETTER WRITING TIPS

- Write from your own experience using first person singular pronouns (I, me or my). Focus on yourself, not someone else.
- Keep your topic related to Al-Anon. Avoid generalities, outside issues, treatment centres or therapeutic language, religious philosophies and other Twelve Step programs.
- Avoid “teaching” or giving advice.
- Observe Al-Anon’s Twelve Traditions when sharing.

TIPS TO GET STARTED!

- Set a deadline to complete
- Pick a time and place to think & write without distractions
- Break down your story into phases with “manageable parts”
- Try not to proofread until finished



YOUR TURN!

- **COMPOSE (YOUR THOUGHTS)**
- **CREATE (YOUR STORY)**
- **COMMUNICATE (SHARE IT)**

MY SHARING



If you don't feel comfortable sharing on the world wide Forum, consider starting small by sharing to your Area!

- * Can be a short one-line statement, a quote that helped you or a personal sharing up to 400 words
- * It is also a “safe place” to journal your thoughts, and/or experience to others
- * Indicate if you want your sharing acknowledged by your first name and initial or by “anonymous”



Send your Forum submissions with this form by mail OR online @ al-anon.org/forumshare OR send to Laura W @ area89litco@sk-alanon.ca

Please complete this form, including your name and address so we can acknowledge your submission. If your quote or story is published, we will send you a complimentary copy of the issue in which your sharing appears.

Note: All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material.

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(Members can photocopy and share this form with other members.)

Please submit your
sharing and this form to
the following address:

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Fax: 757-563-1656 • E-mail: wso@al-anon.org

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- A newsletter subscription can be purchased for \$15.00 per year (4 issues).
- Subscription form is available from the Area 89 website members page: Area 89 Members Page. Select “Area 89 News and Views Newsletter” option



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- A Forum subscription can be purchased for \$23.00 USD per year (12 issues).
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THE FORUM WRITING GUIDELINE (F1)

- Outlines in more detail the writing guidelines.
- Available at <https://al-anon.org> Enter F1 in the top right hand search box to view.



Forum

Writing Guideline (F-1)

Everyone has something to share about the Al-Anon program, whether you are a newcomer or a longtime member. *The Forum* publishes sharings that detail how Al-Anon has helped members recover from the effects of someone else's drinking—to improve and live happier lives. Our stories share our tears, fears, joys, and laughter and describe the ways we address and respond to the sorrows, miracles, setbacks, and steps forward that are part of our recovery journey.

You don't have to have all the answers, and your story doesn't have to be perfect. Just share from your heart. The World Service Office Staff will edit for grammar, punctuation, spelling, clarity, and length. It takes courage to write with complete honesty, but finding that courage is another step toward recovery for you and for those who read your sharing.

Word count for *Forum* features:

- Standard topical sharing—300 to 400 words
- "Our Three Legacies" (sharing on a Step, Tradition, or Concept of Service)—200 to 400 words
- "CAL Corner" (sharing on a particular piece of Al-Anon literature)—200 to 400 words
- My Al-Anon Story—up to 1,200 words
- Short sharing—100 to 250 words
- "One Quote at a Time" (an original sentence or two that captures some truth about your recovery)—15 to 50 words

Topic ideas are as limitless as your imagination:

- The Legacies: How does one Step, Tradition, or Concept of Service specifically help you?
- Slogans: "Easy Does It," "Keep It Simple," "Listen and Learn," "One Day at a Time," etc. (See the indexes of Al-Anon and Alateen books for additional slogans.) How have you applied a slogan in a difficult situation?

- Recovery concepts such as detachment with love, serenity, or keeping the focus on myself.
- Having or being a Sponsor, asking a member to be your Sponsor, changing Sponsors.
- A favorite piece of literature and how it helped you.
- Living in sobriety.
- Resolving conflicts.

When writing for *The Forum*, please keep the following tips in mind:

- Write from your own experience using first person singular pronouns (I, me, or my). Focus on yourself, not someone else.
- Keep your topic related to Al-Anon. Avoid generalities, outside issues, treatment center or therapeutic language, religious philosophies, and other Twelve Step programs.
- Avoid "teaching" or giving advice.
- Observe Al-Anon's Twelve Traditions when sharing.

Please complete this form (or its online equivalent), including your name and address so we can acknowledge your submission. If your sharing is published, we will send you a complimentary copy of the issue in which it appears.

Note: All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material.

Check one: ☐ Please use my first name, last initial and state for credit ☐ Please sign me "Anonymous" ☐ Please use my pseudonym

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Address: _____ E-mail: _____

State/Province: _____

Country: _____

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