

Cooking with the Concepts

Engaging Recipes for groups, individuals, and assemblies to enhance appreciation and understanding of Al-Anon's Concepts of Service; applying the Concepts in our personal, home, and professional lives; and enhancing our understanding of these essential Legacies.

Here is a recipe book for people to get engaged with to see how the Concepts apply in their personal recovery and personal lives.

Concept Scavenger Hunts

- Using a variety of Conference Approved Literature (CAL): Concept Stew
 - Use as group meeting topics
 - Working with Service sponsoring
- Just the *Service Manual*: Spice Cake
 - Use as an Assembly activity



The scavenger hunt will be in two parts—one that uses many different Al-Anon CAL resources, and another (maybe at an Assembly) that only uses the 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) version two (2).

The scavenger hunt that uses many resources has the stew bowls on the slides, the other has the spice cake—in order to eliminate confusion.

Al-Anon Conference Approved Literature Resources

- Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts (B-24)
- *Hope for Today* (B-27)
- Reaching for Personal Freedom—Living the Legacies (P-92)
- 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) version two (2)

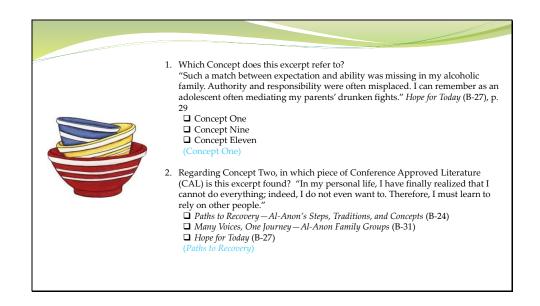
These are the CAL resources that have been used in creating both scavenger hunt exercises—all four for the stew, and just the *Service Manual* for the spice cake.



These slides are animated. The question is displayed on the first click, and the answer on the next click.

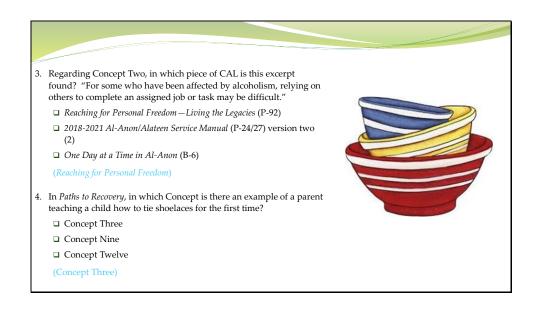
They go through Concepts One to Twelve in order, either the question asks, "which Concept is it?" or it asks, "in which CAL resource does it appear?"

All questions have been chosen to be applicable to using the Concepts in our personal lives.



Q1: Concept One - Hope for Today - Page 29, Paragraph 2

Q2: Concept Two - Paths to Recovery - Page 260, start of Paragraph 2



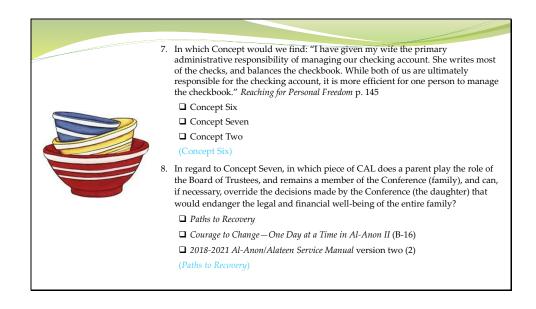
Q3: Concept Two – Reaching for Personal Freedom – Page 127, first sentence of first paragraph

Q4: Concept Three – Paths to Recovery – Page 265, second paragraph

5. Which Concept does this excerpt refer to? "While I was growing up, my alcoholic father acted like a dictator, making decisions for everyone in the family without consulting anyone. On the other hand, my mother was subservient and rarely contested my father. I grew up seeing the extremes of decision-making—dominance and lack of participation." <i>Hope for Today</i> p. 99
□ Concept Four
☐ Concept Eight
□ Concept Eleven
 (Concept Four) 6. In which Concept would we find: "Truly listening to someone who is expressing an opinion contrary to my own is one of the hardest things for me to do. Today, I understand that differing opinions weren't allowed in my family of origin. Although it was never explicit, it was quite clear — 'Make up your own mind, as long as you agree with me.'" Reaching for Personal Freedom p. 141
☐ Concept Four
☐ Concept Five
☐ Concept Nine
(Concept Five)

Q5: Concept Four – *Hope for Today* – Page 99, paragraph two

Q6: Concept Five – *Reaching for Personal Freedom* – Page 141, first paragraph under "Learning to speak honestly"



Q7: Concept Six – Reaching for Personal Freedom – Page 145, paragraph six

Q8: Concept Seven – Paths to Recovery – Page 293, second paragraph

- 9. In regard to Concept Eight, in which piece of CAL does it state: "In my family I was the 'executive committee,' meaning much of the routine household management fell to me. No one consciously delegated it to me; it just seemed to be mine by default... It wasn't long before taking on others' responsibilities became a habit for me, a habit I carried into my adult life."
 - □ Paths to Recovery
 - □ Many Voices, One Journey
 - ☐ Hope for Today

(Paths to Recovery)

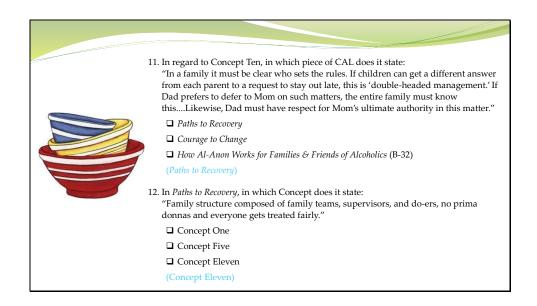
- 10. In regard to Concept Nine, in which piece of CAL does it state:
 - "As the GRs meet in their assemblies to name a Delegate, an even greater degree of care and dedication will be required. Personal ambitions must be set aside, antagonisms and controversy forgotten. 'Who are the best qualified people we can name?' should be the sole thought."
 - ☐ Reaching for Personal Freedom
 - $\hfill \square$ 2018-2021 Al-Anon/Alateen Service Manual version two (2)
 - ☐ One Day at a Time in Al-Anon (B-14)

(2018-2021 Al-Anon/Alateen Service Manual version two (2))

Q9: Concept Eight - Hope for Today - Page 362

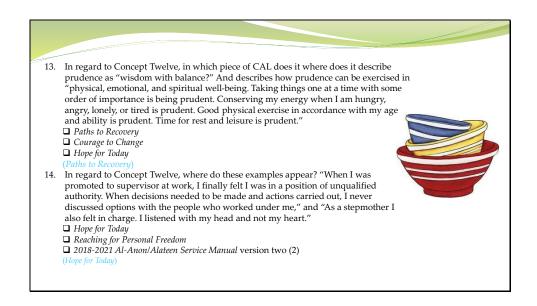
Q10: Concept Nine – 2018-2021 Al-Anon/Alateen Service Manual

version two (2)- Page 194, middle of the page



Q11: Concept Ten – Paths to Recovery – Page 310, paragraph two

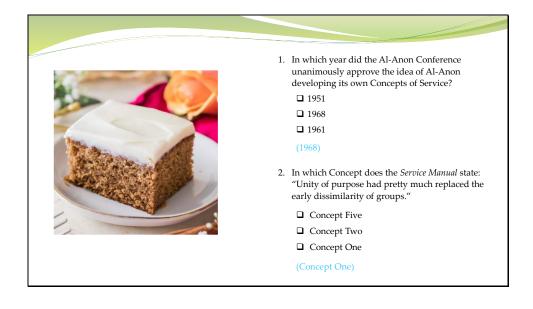
Q12: Concept Eleven – Paths to Recovery – Page 319, last paragraph



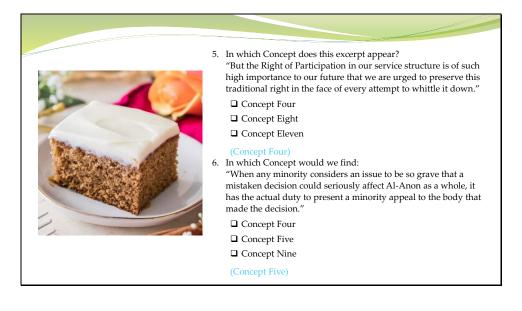
Q13: Concept Twelve – Paths to Recovery – Page 331, paragraph four

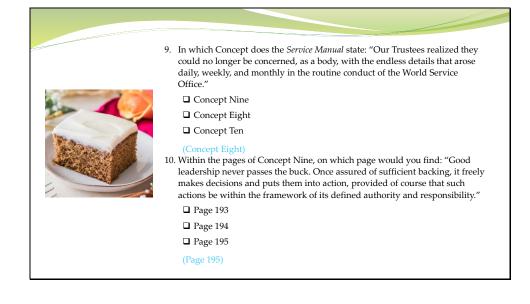
Q14: Concept Twelve - Hope for Today - Page 208, paragraph two and three





In which Concept does the Service Manual state: "Our World Service Conference (WSC) is the active voice and the effective group conscience of our society in world affairs." Concept One Concept Two Concept Twelve (Concept Two) In which Concept does the Service Manual state: "Within the scope of their defined or implied responsibilities, the WSO, its committees, Staff or executives should each have the right to decide when to act wholly on their own and when to refer a problem to the next higher authority." Concept Three Concept Nine	
☐ Concept Three	
(Concept Three)	





11. In which Concept would you find: "Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities." Concept Six Concept Ten Concept Eleven (Concept Ten) 12. In which Concept does it state: "This means careful consideration of these committees, the personal qualifications of their members, the manner of their induction into service, the way in which they relate to each other, and the special rights and duties of our executives, Staff and consultants." Concept One Concept Five Concept Eleven	
(Concept Eleven)	

