



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.

Multiple Choice Scavenger Hunt: Concept Stew



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.



1. Which Concept does this excerpt refer to?
"Such a match between expectation and ability was missing in my alcoholic family. Authority and responsibility were often misplaced. I can remember as an adolescent often mediating my parents' drunken fights." *Hope for Today* (B-27), p. 29

- ☐ Concept One
- ☐ Concept Nine
- ☐ Concept Eleven

(Concept One)

2. Regarding Concept Two, in which piece of Conference Approved Literature (CAL) is this excerpt found? "In my personal life, I have finally realized that I cannot do everything; indeed, I do not even want to. Therefore, I must learn to rely on other people."

- ☐ *Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts* (B-24)
- ☐ *Many Voices, One Journey—Al-Anon Family Groups* (B-31)
- ☐ *Hope for Today* (B-27)

(Paths to Recovery)

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

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

Slide 6

3. Regarding Concept Two, in which piece of CAL is this excerpt found? "For some who have been affected by alcoholism, relying on others to complete an assigned job or task may be difficult."

- ☐ *Reaching for Personal Freedom—Living the Legacies* (P-92)
- ☐ *2018-2021 Al-Anon/Alateen Service Manual* (P-24/27) version two (2)
- ☐ *One Day at a Time in Al-Anon* (B-6)

(*Reaching for Personal Freedom*)

4. In *Paths to Recovery*, in which Concept is there an example of a parent teaching a child how to tie shoelaces for the first time?

- ☐ Concept Three
- ☐ Concept Nine
- ☐ Concept Twelve

(*Concept Three*)



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

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

Slide 7

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." *Hope for Today* 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"



7. In which Concept would we find: "I have given my wife the primary administrative responsibility of managing our checking account. She writes most of the checks, and balances the checkbook. While both of us are ultimately responsible for the checking account, it is more efficient for one person to manage the checkbook." *Reaching for Personal Freedom* p. 145

- ☐ Concept Six
- ☐ Concept Seven
- ☐ Concept Two

(Concept Six)

8. In regard to Concept Seven, in which piece of CAL does a parent play the role of the Board of Trustees, and remains a member of the Conference (family), and can, if necessary, override the decisions made by the Conference (the daughter) that would endanger the legal and financial well-being of the entire family?

- ☐ *Paths to Recovery*
- ☐ *Courage to Change—One Day at a Time in Al-Anon II* (B-16)
- ☐ *2018-2021 Al-Anon/Alateen Service Manual* version two (2)

(Paths to Recovery)

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

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

Slide 9

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*
- ☐ *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



11. In regard to Concept Ten, in which piece of CAL does it state:
“In a family it must be clear who sets the rules. If children can get a different answer from each parent to a request to stay out late, this is ‘double-headed management.’ If Dad prefers to defer to Mom on such matters, the entire family must know this....Likewise, Dad must have respect for Mom’s ultimate authority in this matter.”

- ☐ *Paths to Recovery*
- ☐ *Courage to Change*
- ☐ *How Al-Anon Works for Families & Friends of Alcoholics* (B-32)

(*Paths to Recovery*)

12. In *Paths to Recovery*, in which Concept does it state:
“Family structure composed of family teams, supervisors, and do-ers, no prima donnas and everyone gets treated fairly.”

- ☐ Concept One
- ☐ Concept Five
- ☐ Concept Eleven

(*Concept Eleven*)

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

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

13. In regard to Concept Twelve, in which piece of CAL does it where does it describe prudence as “wisdom with balance?” And describes how prudence can be exercised in “physical, emotional, and spiritual well-being. Taking things one at a time with some order of importance is being prudent. Conserving my energy when I am hungry, angry, lonely, or tired is prudent. Good physical exercise in accordance with my age and ability is prudent. Time for rest and leisure is prudent.”

- ☐ *Paths to Recovery*
- ☐ *Courage to Change*
- ☐ *Hope for Today*

(*Paths to Recovery*)

14. In regard to Concept Twelve, where do these examples appear? “When I was promoted to supervisor at work, I finally felt I was in a position of unqualified authority. When decisions needed to be made and actions carried out, I never discussed options with the people who worked under me,” and “As a stepmother I also felt in charge. I listened with my head and not my heart.”

- ☐ *Hope for Today*
- ☐ *Reaching for Personal Freedom*
- ☐ 2018-2021 *Al-Anon/Alateen Service Manual* version two (2)

(*Hope for Today*)



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

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

Multiple Choice Scavenger Hunt The Spice Cake:





1. In which year did the Al-Anon Conference unanimously approve the idea of Al-Anon developing its own Concepts of Service?
 - ☐ 1951
 - ☐ 1968
 - ☐ 1961
 - (1968)
2. In which Concept does the *Service Manual* state: "Unity of purpose had pretty much replaced the early dissimilarity of groups."
 - ☐ Concept Five
 - ☐ Concept Two
 - ☐ Concept One
 - (Concept One)

3. 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)

4. 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 Twelve

(Concept Three)





5. In which Concept does this excerpt appear?
“But the Right of Participation in our service structure is of such high importance to our future that we are urged to preserve this traditional right in the face of every attempt to whittle it down.”

- ☐ Concept Four
- ☐ Concept Eight
- ☐ Concept Eleven

(Concept Four)

6. In which Concept would we find:
“When any minority considers an issue to be so grave that a mistaken decision could seriously affect Al-Anon as a whole, it has the actual duty to present a minority appeal to the body that made the decision.”

- ☐ Concept Four
- ☐ Concept Five
- ☐ Concept Nine

(Concept Five)

7. In which Concept would we find: "While the Trustees must operate under the close observation, guidance, and sometimes the direction of the WSC, it is nevertheless true that only the Trustees can evaluate and handle most of the innumerable transactions involved in our World Service operation."

- ☐ Concept Six
- ☐ Concept Seven
- ☐ Concept Two

(Concept Six)

8. Find in the *Service Manual*: "Just as the WSC should avoid the overuse of its traditional authority, so should the Board of Trustees avoid overuse of its legal authority."

- ☐ Page 189
- ☐ Page 200
- ☐ Page 190

(Page 190)





9. In which Concept does the *Service Manual* state: “Our Trustees realized they could no longer be concerned, as a body, with the endless details that arose daily, weekly, and monthly in the routine conduct of the World Service Office.”

- ☐ Concept Nine
- ☐ Concept Eight
- ☐ Concept Ten

(Concept Eight)

10. Within the pages of Concept Nine, on which page would you find: “Good leadership never passes the buck. Once assured of sufficient backing, it freely makes decisions and puts them into action, provided of course that such actions be within the framework of its defined authority and responsibility.”

- ☐ Page 193
- ☐ Page 194
- ☐ Page 195

(Page 195)

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)





13. In which Concept would you find: "Counsel prudence—prudence in personal relations, prudence in money matters and prudence in our contacts with the world around us. For Al-Anon, prudence is a middle ground, a channel between fear on one hand and recklessness on the other."

- ☐ Concept Nine
- ☐ Concept Twelve
- ☐ Concept Seven

(Concept Twelve)

14. On which page does the following statement appear?

"It is easier for us to fool ourselves that we are right and that our indignation is justified. However, anger and resentment betray us and we recognize we've had a 'slip.' Therefore, no humanly administered system of penalties is needed in our fellowship."

- ☐ Page 214
- ☐ Page 201
- ☐ Page 216

(Page 216)