Part 1: Identifying Fears and Barriers in District Money Discussions

Participant Worksheet

Due to the effects of living with alcoholism, many Al-Anon members have fears about financial matters, which may carry into service, making it difficult to have discussions about District finances. In this workshop, we will begin to uncover some of the fears and barriers to District discussions about money, as well as the spiritual principles that can help overcome them.

Fears: What are our fears in talking about finances as it relates to our District?

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________

Which fear seems to be the biggest issue for our District?

____

____

Barriers: What are the barriers we have concerning money discussions and our District finances?

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________

Which issue seems to be the largest roadblock for our District?

____

____

<u>Spiritual Principles:</u> are ways of being, doing, thinking, believing, behaving and engaging with life that can enable us to live toward our highest potential. The principles of the Al-Anon program are found in the three Legacies: Twelve Steps, Twelve Traditions and Twelve Concepts of Service.

The following is a list of *spiritual principles* to help with this exercise. This is only a partial list; you may think of others that can be used.

Abundance	Action	Consistency	Common Goal
Unity	Love	Responsibility	Vision
Carrying the Message	Service	Self-Support	Willingness
Gratitude	Independence	Participation	Trust

How can our *spiritual principles* help us to address the fears and barriers we have identified?

From the fears we identified earlier to be our biggest concern, what spiritual principles would apply and why?

From the barriers we identified earlier to be our biggest concern, what spiritual principles would apply and why?

Part 2: Spiritual Principles in Money Discussions

Participant Worksheet

The purpose of this section is to help consider further *spiritual principles* as it relates to financial matters in District service.

Dreams: ***"To think of Tradition Seven as a protection for my spiritual growth is humbling and freeing.***

...I now know that not only do I get to give my money and service, but I also get to receive miracles in abundance."

Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts (B-24), pp. 198-99

1. What are our dreams for our District?

2. How can I as an individual support those dreams?

3. How does a District budget help a District realize its dreams?

Hope: ***"If you have received help, and you no doubt have, why not give to further the cause for the peace and serenity of future members."***

Anne B., Al-Anon Co-founder, 1958

1. How can a District encourage abundance in thought and action?

2. What information do I need to understand and support our District's financial needs and wants?

3. How can I clearly relay the financial needs/dreams of our District decisions to my group?

4. How can I help the members of my group understand how their donations support the goals of the District?

5. How could having different types of fundraising events encourage and unite our District in meeting our goals?

Trust: ***"The Seventh Tradition has taught me to be a giver instead of a taker. I ask my Higher Power to show me where I can contribute to life each day. All of my needs are met. I am doing my part and I feel calm when that is my focus."***

***Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts* (B-24), pg. 200**

1. What do you think is a priority as a District?

2. In what ways does our District support our Area? Does this meet our District goal?

3. In what ways does our District support WSO? Does this meet our District goal?

4. What financial challenges does our District face? How can the District meet these challenges?

5. Has the District established an abundant reserve based on prudent financial principles, or is it stockpiling moneys for no specific reason?