

# Al-Anon's 50th Anniversary

Al-Anon & Alateen Hope for Families and Friends of Alcoholics

## How to Conduct *The Forum's* Writing Workshop

Now in 115 countries

Translations in:

1. Open with the Al-Anon Suggested Welcome.

2. Offer a description such as:

"At this meeting, we share our experience, strength and hope in writing. As is the case with all good meetings, it doesn't matter how much education we have or if we use big words or little ones. What matters is that we communicate from our hearts and that we keep the focus on ourselves. We write about our own experience, what it was like and how our lives have changed--giving special attention to the tools of the program that helped us.

"Many people refer to *The Forum* magazine as *A Meeting in My Pocket* and as *the voice of the fellowship*. Since 40,000 people receive it every month and thousands of people read every issue, *The Forum* is the largest Al-Anon/Alateen meeting in the world. Unlike many large meetings, at *The Forum* meeting everyone gets a chance to share."

3. Read the Twelve Steps.

4. Read the Twelve Traditions.

5. Ask everyone to use pen and paper to introduce themselves by first name and last initial, or Anonymous, and the name of the state or province where they live. Ask them to write the same exact thing they would share right now at a meeting, if it was their turn to speak. Remind them that it is okay if they decide not to share. Let them write for ten or fifteen minutes. Inform them when they have five minutes to go, and then when they have one more minute to go.

6. Thank everyone for sharing. Ask them to put their mailing address on their story so *The Forum* can thank them, too. If their story is printed, they will receive a complimentary copy of *The Forum* in which it appears. Also, ask them to indicate on paper if it is okay for *The Forum* to consider their story for release on the Internet.

7. In the time that remains, invite members to share what they wrote or to relate any experience they have had with *The Forum*.

8. Read the Suggested Closing.

9. Close the meeting in your usual fashion.

10. Mail the sharings to: *Forum Magazine*, AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.

Afrikaans

Arabic

Bengali

Chinese

Czech

Danish

Dutch (Flemish)

Esperanto

Estonian

Finnish

French

German

Greek

Hebrew

Hungarian

Icelandic

Indonesian

Italian

Japanese

Korean

Lithuanian

Norwegian

Polish

Portuguese

Russian

Spanish

Swedish

Urdu/Punjab