

Saturday 10/25/25  
Massachusetts Area Assembly  
2:00-3:10 Workshop

Members are assigned to a class room/hybrid members gather on zoom

OPENING

***The Traditions and Concepts: Recovery and Service Through Our Legacies***

Opening to the Twelve Traditions on page 14 SM (Service Manual)

Opening to the Twelve Concepts of Service on page 16 SM

Paragraph 5 on Introduction to Concepts on page 180 SM

As so aptly stated in our page 215 in the SM All the ....into page 216

Questions from Workbook as below P-93

Pass out handout in the room from Paths Questions (see below)

Post in chat for zoom attendees

Please be mindful that we, as members have a responsibility to protect our copyright so kindly return the pages to Jane when we finish to eliminate the copyright concern

From Paths to Recovery Workbook on Handouts - if you have the workbook, please feel free to pick your own question, and we will have more general sharing on a few broader topics at the end (listed on the bottom of the handout).

We will hear from individuals on one question per Legacy

We are simply looking to raise awareness that these legacies can guide our recovery and our service.

As an example -How might this particular Legacy advance your spiritual growth?

How do we do things better?

Seek solutions by using existing concepts

How do we do things differently?

Change the current problem definition, continue doing what you are good at

How do we do better things?

Redefine problems, break boundaries, and create new and sometimes disruptive ideas

Closing

## TIMETABLE

2:00pm Eastern Intro

Legacy questions answered by attendees

2:55pm - open sharing on topic or general questions as listed above and at the end

“How can/has/might this particular step advance our/your spiritual growth”

3:10 close

Thank you so much for joining us today. Please do consider taking this workshop format back to your district or group or create your own meeting on it. You may even wish to have P93 available for all members in advance.

AI-Anon Declaration

## ***The Traditions and Concepts: Recovery and Service Through Our Legacies***

Questions for open sharing  
Paths to Recovery Workbook P93

### **Tradition One**

Our common welfare should come first; personal progress for the greatest number depends upon unity.

How do I keep Al-anon unity in mind when expressing my opinion?

Do I listen with love to those I dislike or don't agree with?

### **Tradition Two**

For our group purpose there is but one authority— a loving God as He may express in our group conscience.

How am I contributing to the health of my group?

Am I being honest with myself and others?

### **Tradition Three**

The relatives of alcoholics when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement is that there be a problem of alcoholism in a relative or friend.

How do I treat each member and potential member with unconditional love?

How does my group encourage all members to share? Do I encourage all members to share?

### **Tradition Four**

Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

How do I remember Al-Anon's primary purpose—to help families and friends of alcoholics—in my service activities? How does this affect my actions?

Tradition Four asks us to be obedient to the unenforceable. What does this mean to me?

**Tradition Five**

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

What can we as a group do to make our fellowship known to people outside Al-Anon?

What does encouraging the alcoholic mean to me?

**Tradition Six**

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

**Tradition Seven**

Every group ought to be fully self-supporting, declining outside contributions.

In what ways, other than financial, do I support my group?

In what ways I understand the spiritual aspects of contributing?

**Tradition Eight**

Al-Anon's Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

How can I share with others without trying to fix them?

How am I ever Mr. or Ms. Al-Anon?

**Tradition Nine**

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible for those they serve.

How can I benefit from being a trusted servant?

How have I gained any patience or humility by serving the group?

**Tradition Ten**

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

How do I concentrate on our common bonds rather than on our differences?

How can I use this Tradition in my personal life?

**Tradition Eleven**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

How am I practicing the Steps and Traditions in all phases of my life?

How is my recovery attractive to others?

**Tradition Twelve**

Anonymity is the spiritual foundation of all of our Traditions, ever reminding us to place principles above personalities.

What does it mean to understand that it is up to each of us to decide just how anonymous we want to be?

How can I apply the Traditions to my personal life? To my work life?

## **Twelve Concepts of Service**

### **Concept One**

The ultimate responsibility and authority for AI-Anon world services belongs to the AI-Anon groups.

How do we keep ourselves informed?

How do I contribute to the group conscience?

### **Concept Two**

The AI-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

How does my group encourage newer members to become involved in service?

What service characteristics do I want that others have?

### **Concept Three**

The right of decision makes effective leadership possible.

How do I use the AI-Anon/Alateen Service Manual as a tool to make my decision? My Service Sponsor? Those who have served before me?

What leadership qualities do our leaders possess that I aspire to have?

### **Concept Four**

Participation is the key to harmony.

What can I do to make such situations of unequal participation more harmonious?

In what areas of my life can I apply Concept Four and why?

### **Concept Five**

The rights of appeal and petition protect minorities and insure that they be heard.

When I am in the minority, how willing am I to speak up?

How can I keep an open mind to different ideas?

### **Concept Six**

The Conference acknowledges the primary administrative responsibility of the Trustees.

How is this concept a spiritual principle?

How can I apply this concept to my work/family life?

### **Concept Seven**

The Trustees have legal rights while the rights of the Conference are traditional.

In what situations in our group might it be advisable for our leaders to say “no” to the will of the group.

How can I apply this concept to my work/family life?

### **Concept Eight**

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

What are the management tasks in my group/district/area?

What are the spiritual principles embodied in this concept?

### **Concept Nine**

Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

What is “good personal leadership?”

What qualities of leadership do I have? How do I utilize have a Service Sponsor?

### **Concept Ten**

Service responsibility is balance by carefully defined service authority and double headed management is avoided.

What is double headed management and why do we want to avoid it?

In what ways am I willing to delegate enough authority to carry out the job?

### **Concept Eleven**

The World Service Office is composed of selected committees, executives and staff members.

How do I use the Al-Anon/Alateen Service Manual (SM) when I am struggling with a problem?

How can I apply this concept to my work/family life?

### **Concept Twelve**

The spiritual foundation for Al-Anon’s world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

Can I open-mindedly listen to all sides of a discussion before making a decision?

How can I apply this concept to my work/family life?

## **General Warranties of the Conference**

1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
2. that no Conference member be placed in unqualified authority over the members;
3. that all decisions be reached by discussion, vote, and whenever possible by unanimity.
4. that no Conference action ever be personally punitive or an incitement to public controversy;
5. that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

If you prefer not to speak on individual questions, please feel free to use the following:

How do we do things better?

For example - Seek solutions by using existing concepts

How do we do things differently?

For example - Challenge the current problem definitions, continue doing what you are good at

How do we do better things?

For example - Redefine problems, break barriers, and create new and sometimes disruptive ideas