



## OUR WELCOME

Welcome to Anonymous Anonymous, a Twelve Step Mutual Help Organization (TSMHO) of persons seeking to better themselves.

There is only one requirement for membership – the desire to be your best self.

We have no membership fees or dues. We are not affiliated with any other organizations. You are a member of this organization when you say you are. Nothing is required of you and you are free to come and go as you like.

Our program is solution oriented, as to say *WE* don't focus on the nature of your problem, what happened in your past, or who you may have harmed, but instead, what *YOU* want to do about your problem – and how *WE* can help.

Anonymity is the spiritual foundation of all that we do, as such please be sure what is shared here, stays here. Let there be no gossip or criticism of one another, it is just not nice!

We believe that through practicing this program in ALL our affairs, *WE* can find peace and serenity and a new way to live.



## OUR TWELVE STEPS

- 1) We admitted there are things we are powerless over, and attempts to control these things made our lives unmanageable.
- 2) We came to believe that a power greater than ourselves could help restore us to serenity.
- 3) We made a decision to turn our will and our lives over to the care of a higher power, as we understood them.
- 4) We made a searching and fearless inventory of our assets and defects.
- 5) We admitted to our higher power, to ourselves, and another person the contents of our inventory.
- 6) We became entirely ready to have our higher power remove our defects of character.
- 7) We humbly asked our higher power to remove our shortcomings.
- 8) We made a list of all the harm we have done, and became willing to make amends.
- 9) We made amends wherever possible, except when to do so would cause more harm.
- 10) We continued to take personal inventory and when we were wrong promptly admitted it.
- 11) We sought through prayer and meditation to improve our conscious contact with our higher power, as we understood them.
- 12) We experienced an awakening of our spirit as a result of these steps, we tried to carry a message of serenity to those still suffering and practice spiritual principles in all our affairs.



## OUR TWELVE TRADITIONS

- 1) Our common welfare should come first; personal serenity depends on our unity.
- 2) For our group purpose there is but one ultimate authority; a loving higher power as it expresses itself through group conscience in our service meetings.
- 3) The only requirement for membership is a desire to be your best self.
- 4) Each group is autonomous, except in matters affecting other groups, or our organization as a whole.
- 5) Our primary purpose is to carry our message of serenity and freedom from dis-ease.
- 6) We ought never endorse, finance, or lend our organizations name to any related facility or outside enterprise, lest problems of money, property, and prestige, divert us from our primary purpose.
- 7) Every group ought to be fully self-supporting; declining outside contributions.
- 8) We may create Service Centers or Committees, but they must be directly responsible to our members.
- 9) Every group should remain forever non-professional, but our Service Centers may employ special workers.
- 10) We have no opinions on outside issues; hence our organizations name ought never be drawn into public controversy.
- 11) Our public relations policy is based on the attraction of our members personal recovery, but we should maintain personal anonymity at the level of: press, electronic media, and films.
- 12) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Understanding these traditions comes slowly over a period of time. We learn about them as we go to groups, talk to other members, and participate in service meetings. When we practice the spiritual principles incorporated in our Twelve Traditions, our interactions with others in groups, service meetings, and society improve. These traditions are the ties that bind us together in unity of purpose and unconditional love.



## HOW IT WORKS

Anonymous Anonymous, a very simple program for *ALL* people, is organized as a Twelve Step Mutual Help Organization (TSMHO).

We work the twelve steps with the help of another person, and attend meetings regularly.

When you enter a meeting, you come as a human. You needn't identify why you are attending, we are all here to work toward being our best selves.

We work together, gather together, and grow together based on our one common bond:

### *Our Humanity*

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ow does Anonymous Anonymous work?

# O

ne works through the Twelve Steps, with the help of someone else who has worked the Twelve Steps

# W

e meet regularly to share our experiences, strength, and hope. We also share that which causes us dis-ease, dis-content, or vexation.

Our program works best when considering the following spiritual principles:

***Honesty, Open-Mindedness, and Willingness.***



## OUR BEST PRACTICES

There are several practices we have found imperative in our personal and inter-personal growth, they can be remembered as the 5S's:

### ***Showing Up, Sharing, Spirituality, Sponsorship, and Service***

#### ***Showing Up***

Attendance is open and encouraged for everyone. Please *Keep Coming Back*. What we have to share with each other cannot possibly be communicated in one or two hours together. Meetings keep us in touch with where we've been, but more importantly with where we can go – with the help of others and our higher power.

#### ***Sharing***

*Sharing* with each other is a basic tool in our program. The therapeutic value of one person helping another without parallel. For anyone who wants our way of life, we share our *experience, strength, and hope*. We try to refrain from condemnation, moralizing, stigmatizing, preaching, and judgment. Our primary focus lies on our similarities rather than our differences. We offer each other *suggestions* based on what we have found works for us.

#### ***Spirituality***

This is a spiritual, not religious program. What we mean by that is we stress the importance of *living* by positive spiritual principles. We believe that each member has complete freedom to their own belief system.

#### ***Sponsorship***

We have found it helpful to speak regularly and build a relationship with a Sponsor. Sponsorship is a two-way street; it helps the newcomer and the sponsor. As newcomers, we find it helps us to grow if we have someone whose judgment we trust, in who we can confide, and support us through difficulties we may encounter with an understanding, non judgemental ear and a different perspective.

#### ***Service***

We can only keep what we have by giving it away. Service to others is essential for personal growth. We learn to work together, solve problems, overcome obstacles, and help others. It also serves to get us outside of ourselves. Service also extends beyond the walls of our meeting spaces, in everyday life and society at large.



## ABOUT ANONYMITY AND RESPECT

Our Twelfth Tradition states, “Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.” There are many understandings to the principle of Anonymity, as we grow in the program, so does our understanding of spiritual principles.

There is the understanding that who we see here, and what we hear here, needs to stay here. What we share and who we share with is held in confidence.

Another understanding of anonymity relates to being an unidentifiable part of the whole. Here you are an equal regardless of any conceivable difference society may create. We are all simply humans seeking to walk one another down this path of growth and discovery.

As we are equals, our treatment of others and the world around us is a reflection of how we treat ourselves. If you choose to engage in the following unproductive thought patterns, or are burdened by them, kindly leave them at the door. Hate, division, condemnation, judgement, and prejudice have no utility in our program. WE can work together to relieve ourselves of these misapprehensions, but our time together is valuable, so let us set them aside for now.

In this program we value and respect our diversity of races and ethnicities, sexual and gender identity, abilities, religious and spiritual preferences, and opinions. Let’s strive to place principles before personalities and focus on our similarities rather than perceived differences.



## ANONYMOUS ANONYMOUS FORMAT

Hi, my name is \_\_\_\_\_, and I'm human. Welcome to our home-group of Anonymous Anonymous.

Let's start our meeting with a moment of silence followed by the "Serenity Prayer". After the prayer, please greet your neighbor in a way that is comfortable to y'all.

Our group meets here every Saturday at 5:00pm. This is an open meeting with a different topic, chosen by the chairperson, and a short reading to allow everyone the ability to share. Sign up here if you would like to chair the meeting in the future.

Some notes about meeting etiquette.

- This is a non-smoking meeting, the Hospital asks that there is no smoking or tobacco use on Hospital property please.
- At this time please silence any electronic devices you may be carrying. Please refrain from using them while we meet together, it can be distracting for yourself or others and one may miss something they need to hear.
- If you must hold a conversation, kindly take it outside!
- There is no cross-talk at this meeting, which means not directly addressing another person in your share, or interrupting anyone else's share. Also please refrain from reflecting on another person's share directly.
- Please be mindful that many of us would like to share, so keep your shares between 3 to 5 minutes. If you notice Riley the Unicorn is lit up, it means it is time to wrap up your share!
- Thanks for joining us, please keep coming back!

At this time we would invite everyone to introduce themselves so that we may get to know each other better!

Welcome everyone!

Would someone please read:

- Our Welcome
- How It Works?
- Our Best Practices
- Our Twelve Steps
- Our Twelve Traditions
- Anonymity and Respect
- Safety Statement



Are there any recovery announcements? Check out this folder of local flyers or events relating to clean and sober activities.

Is there anyone celebrating an achievement, milestone, or item of joy that they want to share with everyone briefly?

Are there any sorrows or struggles anyone would like to announce briefly, so that we can talk with you after the meeting and lend you our support or thoughts and prayers?

### **Format**

*Chairs Choice Topic* - Choose a topic (or several) and discuss.

The meeting is now open for discussion. We suggest that you share your own experiences about your journey – and not give advice or directions to others – as we are not here as professionals but as peers! Please limit your share to 3-5 minutes. If you near the five minute limit, you may notice this lamp will be lit. We ask that you close your share quickly after noticing it!

### **CLOSING (10 MINUTES BEFORE MEETING ENDS)**

I would like to thank everyone for attending today's meeting. We can do together what we could never do alone: find a new way of living.

I will now pass the basket in keeping with the Seventh Tradition of Anon-Anon which states, "Every group ought to be fully self-supporting, declining outside contributions." We support ourselves and pay our own way. The money we collect from 7th Tradition donations goes to pay for: Rent, Literature, Service Committee supplies, Refreshments, Activities, etc.

The 12th Tradition states, "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities". Part of what this means is that what you hear here, and who you see here, let it stay here!!! Let there be no gossip or criticism of one another! Feel free to share the message, but not the names of the messengers. Go forth and be kind in your thoughts, motives and actions.

Let's close our meeting in a circle with a moment of silence for those suffering and those seeking serenity and the Serenity Prayer.



## SAFETY STATEMENT

*“Each member is but a small part of a greater whole. Our common welfare comes first. But individual welfare follows closely afterwards”*

*- Alcoholics Anonymous, Tradition One (Long Form)*

Some people come here unaware of what behaviors are appropriate and which are not. Behavior that disrupts the groups ability to carry out our primary purpose, or which directly endangers those present, threatens unity and serenity.

Violence in all forms-including all forms of harassment - sexual, personal, verbal, physical, psychological harassment amongst others - within meetings, after the meetings and online-is NOT acceptable. Members have the right to feel secure and safe in our organization. It is the groups responsibility to ensure that no member or visitor is subjected to or experiences bullying, harassment or offensive behavior. These are unacceptable and conflict with the positive spiritual principles and our traditions that we strive to live by in our program.

In cases of persistent inappropriate/predatory sexual/threatening/violent behavior that prevents serenity for the group or individual, consider this excerpt of a Letter from Bill W. (1969), “This amount of charity does not mean we cannot exclude those who disturb meetings or seriously threaten the functioning of the group. Such people can be asked to quiet down, go elsewhere, or to come back when they are better able to participate”