

Workshop:

Spiritual Principles - the Foundation of our Procedures

INTRODUCTION

Al-Anon has many procedures that are followed from the group level all the way through the WSC. Many of these procedures help to keep Al-Anon strong and growing.

Most of our members follow these procedures and understand why we need to follow them, but what are the underlying spiritual Al-Anon principles that govern these procedures? The Al-Anon principles are contained in: The Twelve Steps, The Twelve Traditions, and The Twelve Concepts of Service.

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

Tradition 12 - Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

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

General Warranties of the Conference

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
2. that no Conference member shall be placed in unqualified authority over other 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.

ACTIVITY:

1. In groups name spiritual principles that guide our programme. Some examples might be compassion, understanding, equality, love, willingness, trust etc. Keep in mind that there is not a definitive list - it is each member's understanding.
2. Name the spiritual principles underlying any of the traditions or concepts
3. Choose one of the procedures below and examine/name what spiritual principles(s) is its guide. Continue to discuss as many procedures as time permits.
4. Discuss: How might this awareness help me in my relationships with Al-Anon members and with my understanding of why we do what we do in Al-Anon.

Some Procedures that could be discussed:

Ask: What principles are considered when concerning procedures regarding the following:

Election of Area Delegate

Conference Approved Literature

Rotation of leadership

Guard with special care the anonymity of all AA members.

Membership eligibility

Write as many tradition/concepts as may apply and beside them the underlying spiritual principles.

RESOURCES: *2014-2017 Al-Anon/Alateen Service Manual (P-24/27);*

* *This workshop might be useful for districts to examine their district procedures and for groups to take a look at their procedures since the New Year will bring fresh eye and perspective to our groups, district and Area.*

