

## Loyola Family Night Traditions Meeting Format

### Overview

This meeting, above all others, is our showcase; a time for the best-of-the-best to rise to the top. We attempt to show our families and friends the essence of Loyola.

### Introductions

*"Welcome to The Loyola Men's Group's Twenty-Sixth Annual Family Night. We're happy that you could join us. Tonight we will share with you what we do each and every Monday – help, teach, and encourage each other to be better men. I'm Tom, an alcoholic and I've been sober since August 5th, 1991."*

- Begin with a long moment of silence, followed by the Serenity Prayer.
- Introduce "How It Works" by telling them that we begin each meeting by reminding ourselves what's wrong, and how we can get better, by reading a portion of Chapter 5 of the "Big Book" of Alcoholics Anonymous.

*"As we do each week at the beginning, we like to know who's here. So, please raise your hands if you are:*

- A female member of Alcoholics Anonymous
- A female member of Alanon
- A female member of any of the other twelve-step programs

*Later we'll do a more thorough job of introducing ourselves."*

### Topic

Choose a topic that fits well with our group and our guests. Discussing our families, with utmost honesty, is encouraged. State your topic, then repeat it before you call upon the first person.

### Suggestions and Reminders

- Chose a good reader for "How It Works"
- Read the part from our format about the "Chirp".

### Please announce

*"Speakers are asked to limit their talks to three minutes, so as to allow more people an opportunity to share. At 2½ minutes, a chirp will sound as a courtesy advisory of how much time you've used. Also, even though some of us choose to share our first and last names, please be reminded that the identities and comments revealed here are not meant to be shared with others."*

- For tonight, ask people when they introduce themselves to state their AA Birthday.
- There will not be a hand-raising section in this meeting. You don't have to mention this, just don't do it.
- Ask speakers to introduce their guests as they share.
- Speak loudly – really loudly! Speak from your feet, and make others do the same.
- Call on people you know will have something to say. Don't call on more than one member of any one family.
- After the meeting gets going, start mixing in some of our guests.
- Pay attention to the teenage children, to see if one of them might fit in well. If none, don't worry about it.
- Perhaps ask one of Central Catholic's people to share later in the meeting, while first thanking them from each of us, for providing us with such a wonderful home. Ask someone before the meeting who they are and where they are sitting.
- Get the list of this week's Birthdays from Karl, our secretary, and call on each of them.
- Try to call on guys who have family and/or friends present.
- Remember to control the meeting; speaking up when needed, by choosing whom to call on next, by making yourself vulnerable, can do this. You are "our host". Act as if you have invited us into your home.

## The Seventh Tradition

- We don't pass the basket at this meeting
- Call on Karl for Announcements and Birthdays at about 9:00 P.M.

## General Introductions At The End

- At about 9:20 P.M., begin asking all those who have not had an opportunity to share, to introduce themselves, while stating their AA Birthday, and any guests they may have brought with them.
- Use your arm to direct who is next.
- Make them stand.
- Remind them to speak up loudly.
- Begin at the front of a section and work backwards.

## End With a Thank-you, and an Invitation to Stay and Visit, as We Do Each Week.

- The Lord's Prayer – no circle, just hold hands.