

How to Conduct Writing Workshops for a Literature Project or *The Forum*

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, telling what it was like and how our lives have changed—giving special attention to the tools of the program that have helped us.

*“Although Al-Anon and Alateen members write *The Forum* magazine and all Conference Approved Literature, not all stories that we write are for publication. Sometimes recovery comes from putting our thoughts and feelings into words by writing. Just because we write something, it doesn’t mean that we have to show it to anyone. Even if we decide to submit our recovery story for possible publication, it doesn’t mean readers need to see our name or where we live.”*

3. Ask a member to read the Twelve Steps.

4. Ask a member to read the Twelve Traditions.

5. Pass out sharing sheets for the appropriate publication(s) for which you are focusing the workshop. Read a passage from the sharing sheet that describes the type of sharings being sought.

6. Ask everyone to write based on the guidelines included on the sharing sheet, using the back of the sheet or plain white paper. Remind them that it is okay if they decide not to share. Let them write for 20 to 30 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. If they would like to submit a story for possible publication, ask them to include their mailing address so the WSO can send them a thank-you note. If their story is printed in *The Forum*, they will receive complimentary copies of the magazine in which it appears. Also, please ask them to indicate on paper if it is okay for the WSO 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 writing for *The Forum* or other Al-Anon publications.

8. Read the Suggested Closing.

9. Close the meeting in your usual fashion.

10. Mail the sharings to: Fellowship Communication, AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617—Att: *Forum* Magazine, or Literature Committee

Thank You!