

## Friday Morning AFG – Group Inventory Meeting – part 2 July 22, 2022

Tradition 8: Does our group have problems with people trying to get paid for giving advice? NO

Tradition 9: We can organize committee if we need to – example if we want further research done on an issue, often a group conscience will serve as a committee.

Tradition 10: Overall we don't get involved in outside issues, but occasionally non CAL literature and religion are brought in and perhaps that shouldn't happen. We have lost a couple of members due to political conversations. We need to be aware of this as a group

Tradition 11: We don't go around promoting our group. We agree anonymity is important. There was once an instance when a group wanted to record a meeting. We must be aware of this. There are some open meetings within Al-Anon and we need to make sure newcomers/visitors understand the importance of anonymity. We must guard anonymity with special care. Remember our loved ones and that it is THEIR story to tell, not ours.

Tradition 12: Remember principles above personalities. We need to look deeper to see what we share in common. Listen to the message, not the messenger. Reminder: if someone sees you and you are with another person not in al-anon, just say you're in a spiritual program with the person. Additionally, spiritual anonymity should allow us to all be equals. We should work on spiritual growth. Principles above personalities has saved some members from heartache.

### Guideline Card:

- Do we criticize or gossip about group members? It does happen. We all need to strive to do better and learn better ways of doing things. We are all human and keep coming back. Focus on progress, not perfection. Remember critical people don't have good self-esteem. Remember hurt people hurt people. Remember to use the program! It is important that we get feedback but be mindful of tone of voice and avoid sarcasm. Strive for giving positive feedback. Do the best you can with what you know. Humor and positivity are helpful. Try to find positive solutions.
- Are group meetings/ group consciences held at regular intervals? We did not have a regular schedule but met when an issue would arise. We will now plan to have one every quarter.

- Are members pressured by dominant member to accept their ideas? We overall don't see that as an issue in this group. We and other local groups are very welcoming to newcomers. One person felt there is a dominant member and dominance. This should not happen after the meeting either. Where we are in our recovery can also affect whether we feel dominated.
- Any group meeting conducted in a manner where members feel safe to share opinions. We can work on this. Some people don't feel they can share their opinions. It depends on group participants. If we don't know people well, we may not say things if we think it could affect them or their safety. Or if we are in a bad state of mind sometimes, it is best not to share. Talk to a sponsor instead.
- Does our group have a process for minority voice to be heard even after we made a decision? There is an appeal process.
- Do members purposely reveal length of time in AFG to gain credibility during group discussions? Yes, this happens.

Meeting closed but we will continue the above questions and others next month.

Submitted by Glenda H.