

**FACING THE GHOSTS OF OUR PAST
WORKSHOP
2010**

SKIT

FACING THE GHOSTS OF OUR PAST

Setting: A local Al-Anon group is having its monthly business meeting. The Group Representative has recently attended a District meeting and is enthusiastically informing their group of the District happenings.

CAST

Narrator

Group Representative

Otto Thyme

Noah Boo-Boo

Vera Success

Cat Tastrophy

Carrie Noduty

Narrator stands in front of stage

Narrator:

Welcome to the Facing the Ghosts of Our Past Workshop. We are glad you are here. Now let me invite you to attend my home group's monthly business meeting. Even if this is not your home group, we would love for you to attend. After all, an informed group conscience is part of our spiritual program and the more voices the better!

Oh look, our Group Representative is just starting the meeting. He/She attended the monthly District meeting and has brought news for the group!
[Move toward the side of the stage and freeze.]

Group Rep stands and speaks to all of the seated group members. Group Rep looks at each member as he/she refers to them. All group members freeze as Group Rep is speaking.

Group Rep:

Thank you for attending our group business meeting. I have lots of news from our District meeting. As you know, as your Group Representative I go to District to bring information back to our group as well as to share our voice. An informed group is a healthy group!

Well..... we have some positions open in District and as you know, Al-Anon's third legacy is Service. I want to share with you that when I got busy, I got better.

So on to the Open Service Positions. We need a District Representative, and Cat Tastrophy, I know you could do that.

We need a Public Outreach Coordinator and Vera Success, you would be awesome in that job.

Institutions Coordinator is open and Carrie Noduty, didn't you say that you loved lining up speakers? That sounds right down your alley.

Otto Thyme, I know that you just took Alateen training. An Alateen sponsor is needed for that new group that just opened up.

And Noah Boo-Boo, I know the perfect job for you, District Chair. So what do you all think? Aren't you just excited to get started? Any questions?
[Stay standing and freeze]

Otto stands up and pleads

Otto Thyme : Whenever I hear the word "service" in meetings, the word that almost always goes along with it is "work." Don't I have enough work already? I just took that Alateen Sponsor training because my Sponsor took it and I went along for the ride. Now you want me to actually sponsor a group????
[Sit back down and freeze]

Noah stands and speaks emphatically

Noah Boo-Boo: Hmm, District Chair? Well, I really want to give something back, because my program teaches me to say yes. But I don't know the first thing about what goes on outside my group. This fellowship is so huge, and so rich, and there's so much to know about how it works. My GR knows so much about it, and probably everybody else does too, except me! I don't know any of it!
[Sit down and freeze]

Vera stands and whines

Vera Success: You think I could be the Public Outreach Coordinator? Have you lost your mind? What if I volunteered to help out and actually succeeded? I don't want to feel responsible for the welfare of my whole group.
[Sit down and freeze]

Cat stands and speaks hysterically

Cat Tastrophy: Oh my goodness! You want me to do WHAT? You want me to be a District Representative? I can't do that! I can't do anything right.
[Sit down and freeze]

Carrie stands and speaks with disbelief

Carrie Noduty: I'm too afraid to even chair a meeting. How can I apply for a service position and take on more responsibility if I can't even do the small stuff? Institutions Coordinator sounds like a difficult job and I don't even know where to start.
[Sit down and freeze]

Otto stands and speaks calmly and firmly

Otto Thyme: I'm afraid to commit to something else right now. I even have to skip my meeting sometimes—I've just got so much to do and to think about and to work on, some days I just don't feel like going to a meeting. Will I lose that freedom and flexibility if I get involved in service? And what if I can't get to my regular meeting because of a service commitment? I don't want service to interfere with my home group!
[Sit down and freeze]

Cat stands and speaks hysterically

Cat Tastrophy: I know that I was a Group Representative for three years, but I always had my District Representatives to reason things out with. I am not as wise as they are. I would be a total failure at this job!
[Sit down and freeze]

Vera stands and speaks In a whining voice

Vera Success: What if I begin to dominate and control the affairs of my group or become distracted from my own recovery by all those business meetings I have to attend?
[Sit down and freeze]

Carrie standing and speaking like she is making an excuse

Carrie Noduty: Being in charge of a whole group is too much responsibility for me. I have enough responsibilities at home taking care of my alcoholic. My plate is already full.
[Sit down and freeze]

Noah standing and speaking emphatically

Noah Boo-Boo: I suppose, though...I could learn...I guess... But still, I'm bound to make mistakes. For one thing, all those acronyms are so confusing! GR, DR, LDC, AIS, AWSC, WSO—I'll never get all that straight! Or what if I accidentally break a Tradition? Or break one of those Links of Service? I don't even know what in the heck those are! I could be breaking one right now, and not even know it!
[Sit down and freeze]

Vera standing and still whining

Vera Success: Success is too much work.
[Sit down and freeze]

Cat stands and speaks hysterically

Cat Tastrophy: No this is too stressful. I am certainly not ready I can't believe that you are asking me to do this! I am so afraid of FAILING!!!
[Sit down and freeze]

Carrie stands and speaks with much emotion

Carrie Noduty: More responsibility means I have more chances to mess things up and make mistakes. That's too much for me to handle.
[Sit down and freeze]

Vera standing and whining

Vera Success: In my past, doing a job well and being successful meant having to sacrifice my own happiness. I'm in Al-Anon to find my own happiness, not to sacrifice it.
[Sit down and freeze]

Otto standing and speaking emphatically

Otto Thyme: But what if I made just a small commitment, one that I was sure I could honor, one that doesn't require much time? If I put just a toe in the water, will it be enough? Or will I get sucked in, with people wanting me to do more and more jobs, and make more and more commitments? Will I be able to say no? How can I say no when my program tells me to say yes?
[Sit down and freeze]

The Narrator moves back to front of stage

Narrator: Now, fellow business meeting attendees, what are your fears about doing service and what gifts do you think you would receive if you worked through that fear and gave back to the fellowship?

You are all holding numbers. Please go to the designated spot for your number.

(After group discussion) Hello Business Meeting Attendees! Your Group Representative would like to hear your answers!

The Group Rep stands and speaks to each group spokesperson

Group Rep:

So, what do you all think about the open service positions? Aren't you just extremely excited! Do you have any questions? How about you, Cat, what do you think about possibly becoming a District Representative?

[Wait for spokesperson to answer]

And you, Vera, how do you feel about becoming the Public Outreach Coordinator?

[Wait for spokesperson to answer]

Carrie, have you given the job as Institutions Coordinator any consideration yet?

[Wait for spokesperson to answer]

How about that Alateen Sponsor position? Are you ready, Otto, to get your feet wet?

[Wait for spokesperson to answer]

And last, but not least. Noah, is the District Chair job for you?

[Wait for spokesperson to answer]

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**WHAT TO DO AFTER THE SKIT
IS PRESENTED**

Directions for Activity after the Skit

We printed Want Ads for each service position, folded each sheet in half, and placed them standing up on our tables to decorate the tables.

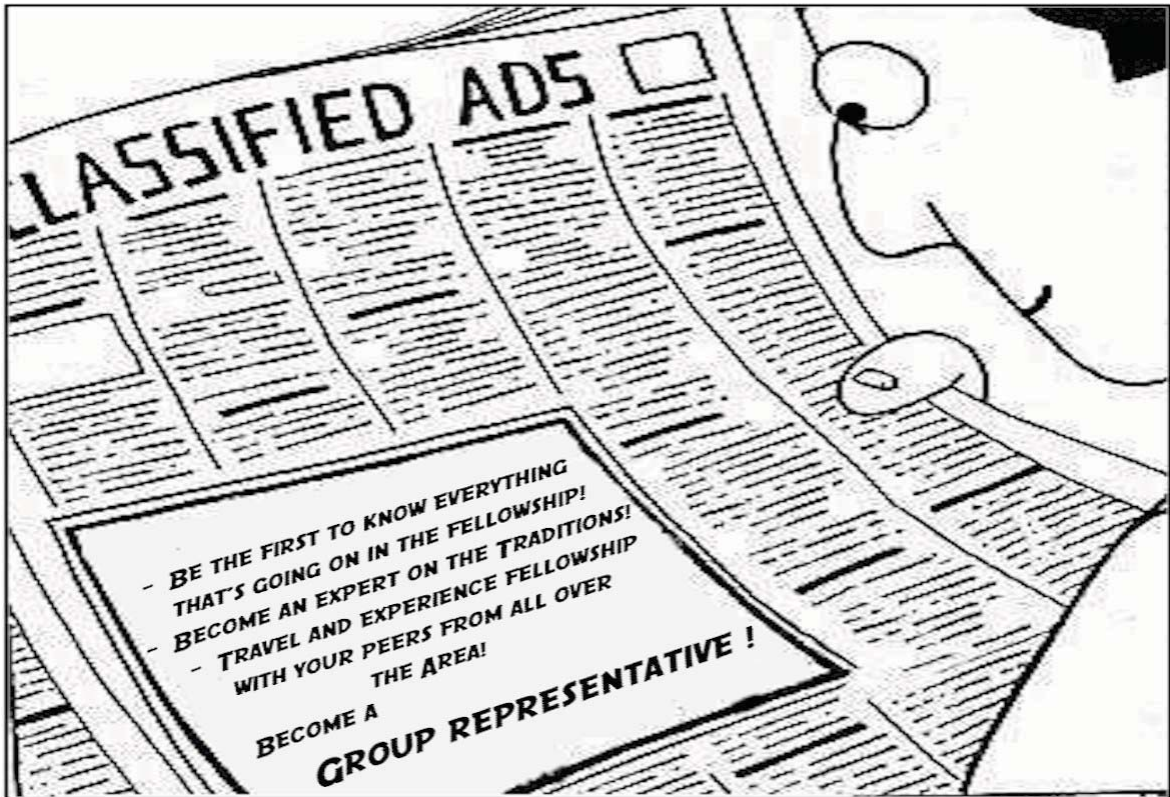
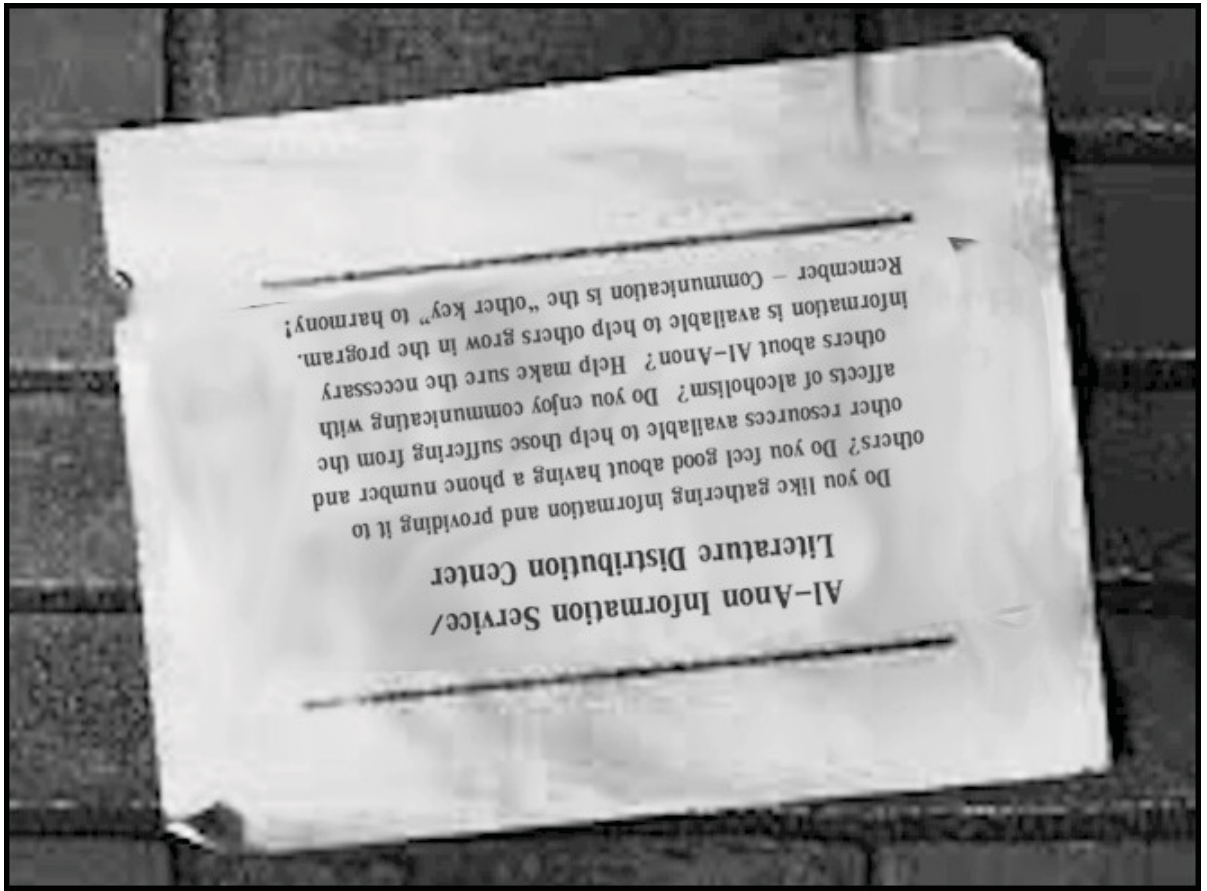
We gave each participant a number (1 through 5) as they checked in to the workshop. We put on the skit at the beginning of the workshop. We then broke up into groups according to the number the participants were given when they checked in. They gathered at a circle of chairs corresponding to their assigned number. There they found copies of the *Facing the Ghosts of Our Past* worksheets dealing with Fear, as well as the handout *Gifts: In Giving, We Receive*. We assigned a different fear to each number, so each group was dealing with a different fear. We asked them to discuss their fear and answer the questions on the worksheet. We also asked them to pick a spokesperson for their group.

After about 20 minutes we asked everyone to come back together as one group, to share about their fears, and to answer whether or not they were going to take a Service Position that had been discussed with them in the skit. We asked them to also discuss a gift they would receive by taking this position.

After this was done we finished the workshop with the handout, *Reaching Out to Others* and discussed the questions on that handout.

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**ASSORTED WANT ADS FOR
SERVICE POSITIONS**



HELP WANTED

DISTRICT REPRESENTATIVE

The groups in the district need your help, and you need an excuse to visit more meetings! As District Representative, you are an integral part of our links of service. Keep the groups informed about what's going on, and let the Area know what's going in the groups. Dividing responsibility, multiplying involvement, and adding awareness equals a healthy district!

HELP WANTED

Health Fair Coordinator

Do you like to travel? Do you like to spread the word about Al-Anon? With the help of others you enlist, go out to various health fairs and spread the word that there is help for families and friends of alcoholics. You can be an integral part of Public Outreach!

DENTAL RECEI
 2 positions, possib
 data entry. Macintosh
 full benefits. 9 hour
 salary req. fax: 770-555-1234

JOINT REP
 2 positions, possib
 Accounting, data entry. Macintosh
 exp. preferred. Full benefits. 9 hour
 salary req. fax: 770-555-1234

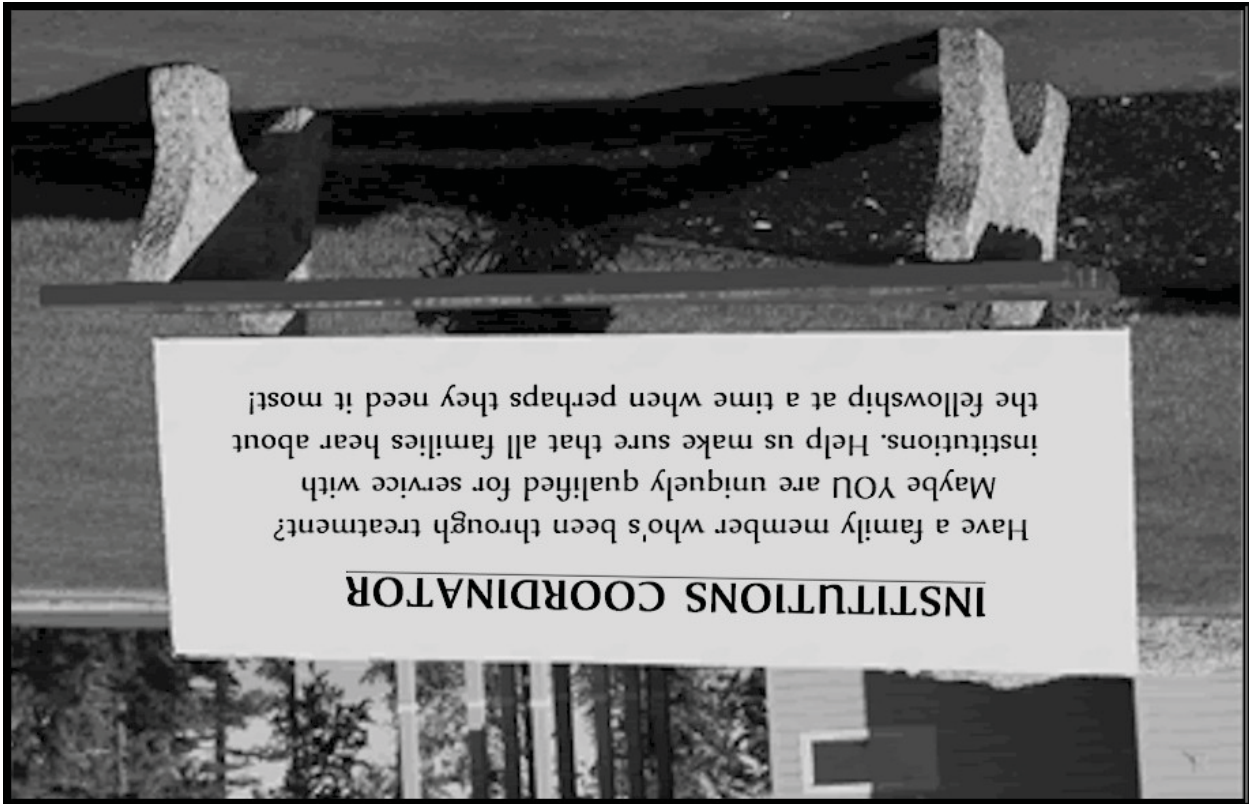
IMMEDIATE -

DENTAL
 Print/Mail Co. in A
 General Accounting
 or NYS exp. prefered
 Fax resume w/ salary

ACCO
 Print/Mail Co. in A
 General Accounting, da
 or NYS exp. prefered
 Fax resume w/ salary

- IMM

770-555-1234



Have a family member who's been through treatment? Maybe YOU are uniquely qualified for service with institutions. Help us make sure that all families hear about the fellowship at a time when perhaps they need it most!

INSTITUTIONS COORDINATOR



TELEPHONE SERVICE

Do you like being part of something without having to spend a lot of time and energy doing it? Do you prefer simplicity and flexibility? Do you have a willingness to return a call may spark a phone? GREAT! Your decision to begin newcomer's journey in Al-Anon. What a difference you can make!



Ever wonder how newcomers find us? Or how attraction is different from promotion? Do you love to imagine ways to get people into our program? Help us find ways to reach the general public and the many professionals who refer people to the fellowship.

PUBLIC OUTREACH COORDINATOR



Wanted

TREASURER

Do you have a knack for numbers? Do you get excited when you balance your checkbook, having every cent accounted for? Are you proud of your ability to add and subtract? Consider using your special abilities to serve others as group or district treasurer.

Inquiries to:
Your
Group Representative



AA LIAISON

Here is your chance to stick our nose in AA's business! Keep us abreast of what going on in AA by visiting the Intergroup office or website for flyers and announcements, then reporting back at the monthly district meeting. For more info, contact your Group Representative.



ALATEEN COORDINATOR

Looking for an Al-Anon member with at least two years experience in the fellowship to help organize our district Alateen program.

- Qualifications include:
- Able to attend Alateen Sponsorship Training and get Alateen Sponsorship certification
 - Fired up to get the word out about Alateen

HELP

DISTRICT SECRETARY

MONTHLY MEETING MINUTES

Your area of expertise: MONTHLY MEETING MINUTES. Take 'em down, type 'em up, and send 'em out! (Correct 'em as necessary, of course.) This is your chance to be at the center, of everything that's going on in the district!

HELP

DISTRICT SECRETARY

MONTHLY MEETING MINUTES

WANTED

DISTRICT CHAIRPERSON

Do you love organization?
Does being in charge appeal to you?
Are you computer savvy?
Do you want to do service, but don't want it to take up more than a few hours a month?
Then we have the job for you! We are seeking an in-charge, go-to-it person to chair our monthly district meetings.
Contact your nearest GR to apply.

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**FACING THE GHOSTS OF OUR PAST
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FEARS

Fear of Making Mistakes

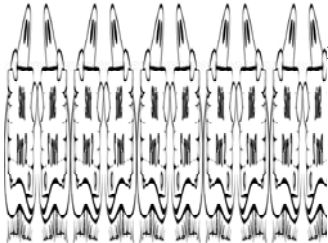
Facing the ghosts of our past

"If I made a mistake, would others criticize me? Would I somehow damage our group through my error?" p. 3

In the skit, Noah Boo-Boo feared making mistakes. If he puts his gratitude into action, what are three gifts he might receive in return?

Possible gifts of service are listed on the back of this sheet. Feel free to brainstorm others.

1. _____
2. _____
3. _____



Choose a spokesperson from your group. The GR will mention the open position to Noah again, and await his response. Please respond AS NOAH, accepting the position and naming one of the gifts he hopes to receive. (If another group names your first choice, consider selecting another.)

Fear of Success

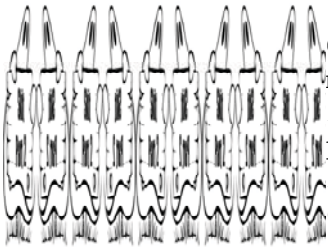
Facing the ghosts of our past

"My fear of success sprang from my experience with alcoholism and feeling that doing a job well meant sacrificing my own happiness." p. 5

In the skit, Vera Success feared success. If she puts her gratitude into action, what are three gifts she might receive in return?

Possible gifts of service are listed on the back of this sheet. Feel free to brainstorm others.

- 1. _____
- 2. _____
- 3. _____



Choose a spokesperson from your group. The GR will mention the open position to Vera again, and await her response. Please respond AS VERA, accepting the position and naming one of the gifts she hopes to receive. (If another group names your first choice, consider selecting another.)

Fear of Failure

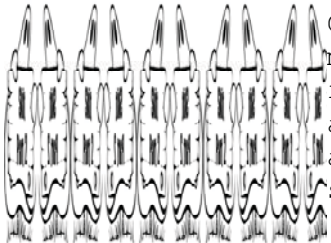
Facing the ghosts of our past

"Sometimes responsibility brings up a fear more disconcerting than that of simply making mistakes: the fear of failure....Alcoholism has given me a high level of creativity, when left of my own devices, to spin fantasies of disaster!" p. 5

In the skit, Cat Tastrophy feared failure. If she puts her gratitude into action, what are three gifts she might receive in return?

Possible gifts of service are listed on the back of this sheet. Feel free to brainstorm others.

1. _____
2. _____
3. _____



Choose a spokesperson from your group. The GR will mention the open position to Cat again, and await her response. Please respond AS CAT, accepting the position and naming one of the gifts she hopes to receive. (If another group names your first choice, consider selecting another.)

Fear of Making a Commitment

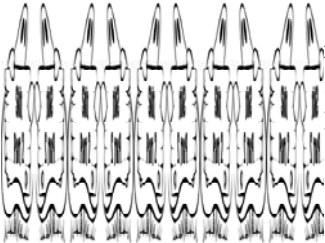
Facing the ghosts of our past

"When I began to explore service opportunities, I was afraid of losing this flexibility and freedom. Would I feel trapped?" p. 4

In the skit, Otto Thyme feared making a commitment. If he puts his gratitude into action, what are three gifts he might receive in return?

Possible gifts of service are listed on the back of this sheet. Feel free to brainstorm others.

- 1. _____
- 2. _____
- 3. _____



Choose a spokesperson from your group. The GR will mention the open position to Otto again, and await his response. Please respond AS OTTO, accepting the position and naming one of the gifts he hopes to receive. (If another group names your first choice, consider selecting another.)

Facing the ghosts of our past

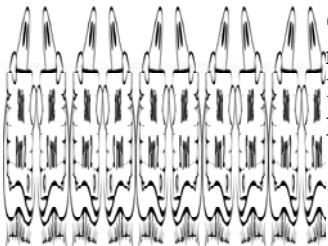
Fear of Assuming Responsibility

"I feared the prospect of chairing a meeting, of being in charge, of possibly having to deal with awkward situations or difficult people." p. 3

In the skit, Carrie Noduty feared assuming responsibility. If she puts her gratitude into action, what are three gifts she might receive in return?

Possible gifts of service are listed on the back of this sheet. Feel free to brainstorm others.

1. _____
2. _____
3. _____



Choose a spokesperson from your group. The GR will mention the open position to Carrie again, and await her response. Please respond AS CARRIE, accepting the position and naming one of the gifts she hopes to receive. (If another group names your first choice, consider selecting another.)

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GIFTS

Gifts: In Giving, We Receive

A New View of Recovery - "Our Al-Anon triangle has three sides: Recovery through the Steps, Unity through the Traditions, and Service through the Concepts. If you aren't taking advantage of all three sides of this triangle, you may be cheating yourself." - pg. 9

Gratitude in Action - "Any and every service I perform in Al-Anon holds an opportunity for me to acknowledge my gratitude and to practice the same generosity of spirit that I have so much appreciated in others." - pg. 33

Being Willing - "I never had any doubts about my capabilities, because I'd been told repeatedly, 'You don't have to be perfect - just willing.'" - pg. 15

Replacing Isolation with Community - "Practicing the Twelfth Step has given me a golden opportunity to look beyond my isolation and to begin following the guidance of a Higher Power in my daily life. When I look for what's wanted and needed at a meeting, I open the door to a deeper experience of using my will to do the will of a Higher Power." - pg. 13

Learning Trust - "Seeing new members apply Al-Anon principles reminds me that this program works, and that the guidance of a Higher power can work miracles. Complete strangers have risked trusting me to introduce them to Al-Anon. By their actions they have encouraged me to trust myself." - pg. 14

Learning to Do the Footwork - "As I join in maintaining a program that has spread around the world, I get a sense of hope for my own life's possibilities. I see a program that is the tangible result of members like myself doing footwork with a spiritual orientation, seeking to translate a Higher Power's guidance into practical action." - pg. 25

A Lesson in Detachment - "Service was about encouraging his own recovery, and he gave himself permission to limit his activities to what felt challenging but not overwhelming. His attitude also conveyed that he didn't feel responsible for anyone else's recovery..." - pg. 27

A Lesson in Acceptance - "I was able to focus on common tasks without being distracted by individual differences in personality or opinion. With gratitude, I noticed that those around me seemed to concentrate on simply doing the best they could without glorifying their successes or justifying their failures." - pg. 28

Letting Go of Perfectionism - "Increasingly, I see participation and service not as ways of perfecting my abilities or knowledge, but as ways of learning to accept my imperfect performance." - pg. 29

Putting a Spiritual Awakening into Practice - "With the help of a Power greater than myself, I now feel an appreciation for life. The Twelfth Step suggests that I share this feeling with others, and I've done my best to do that." - pg. 31

Clearer Communication - "I learned that people are more willing and open to hear my response after I have listened to them without interruption. I learned to ask whether my response was wanted or if a suggestion about tools to apply to a problem would be welcome." - pg. 17

Increased Self-esteem - "Service has done more for my self-esteem than anything else in my life, and it has given my many Al-Anon friends all over the state." - pg. 20

Learning to Take Risks - "Service helps me stretch my boundaries. Taking risks helps me grow, and Al-Anon is a safe place to do just that: take a risk and grow....The rewards of service have been worth the risks." - pg. 18

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**QUESTIONS FOR
REFLECTION**

Reaching Out to Others

In reaching out to others through Al-Anon service, we have the opportunity to share our unique experience and our personal recovery for a common good. We have the chance to encourage detachment, acceptance, and serenity in a supportive environment and to get to know ourselves better—both strengths and weaknesses—in the process.

We have the opportunity to contribute not only what we can do but, more important, who we can be. By sharing our recovery, we strengthen its workings in our own lives. By seeking to allow a Higher Power to work in and through us, we come to feel, more fully, the presence of that Power.

Questions for reflection

What abilities have I learned to trust in Al-Anon?

What gifts have I received from Al-Anon?

How have I grown in service?

What unexpected benefit have I received from service?

What lessons of service have I applied to my life?