

MEMORANDUM

TO: Conference Members
FROM: Executive Director
DATE: October 16, 2008
RE: Question regarding use of daily readers at Al-Anon meetings

The WSO was asked at the 2006 WSC to send a copy of questions it receives from Conference members and our responses to all Conference members so that they can share leadership by responding to recurring questions in their Areas. The WSO believes that the following question and our response might be one of those topics.

Question: Where can I find a statement confirming the suggested use of daily readers as personal meditation tools rather than for use at meetings?

Answer: There is no Al-Anon policy on the use of daily readers at meetings. Group autonomy can determine which pieces of Conference Approved Literature to use. This issue has been discussed in the *Conference Summary* and Al-Anon newsletters since at least the early 1980s. In 1983, an *Inside Al-Anon* article titled "How We Use ONE DAY AT A TIME at Meetings" was printed. It shared varied opinions of members, but did not reach any conclusion. The topic was also covered in the "Ask-It-Basket" of the *1994 Conference Summary*, a 2004 Conference Chosen Agenda Item discussion (which can be found at the top of page 34 of the *2004 Conference Summary* (which can be found on the Members' Web site, www.al-anon.org/members under "Publications."), and several *Area Highlights* articles from members sharing their experiences.

While all Conference Approved Literature can be used at meetings, we need not limit ourselves to our daily readers. Al-Anon has a wide array of literature, and using a variety of CAL can help keep group conversation lively. It also helps create awareness among our members of the vast help available through our literature.