

To: World Service Conference Members
From: Member Services Section
RE: Recurring Question: Meditation during Al-Anon meetings
Date: April 17, 2015

This is a continuation of the memo series of WSO answers to recurring questions from the fellowship. It is intended to help Area Delegates to respond to these frequently asked questions.

Is it within the Traditions for a group to set a specific period of time for meditation during the meeting?

Designation of a period of time for the purpose of group meditation is not appropriate at an Al-Anon meeting. Groups spending time during the meeting to meditate is not within the Traditions as doing so could be interpreted as a religious activity, affiliation with an outside entity, or an endorsement of a particular practice or style of meditation. A meeting format that requires members to meditate in any form is not appropriate.

The practice of prayer and meditation is not specific to Al-Anon and would not be considered an Al-Anon activity. Individual members are free to practice any form of meditation they choose to and at any time, but not as an Al-Anon group activity. There may be groups of people who practice meditation, but they do so as individuals and not as Al-Anon members. Such a group would not be called Al-Anon even if most or all of its participants are Al-Anon members. Otherwise there could be a misunderstanding of Al-Anon's purpose.

Group discussions that focus on the Eleventh Step spend meeting time sharing their experience, strength, and hope on the topic of working the Step and the personal benefits of doing so. Just as members would not actually do a Fifth Step at a group meeting, they would not practice meditation in a meeting. In both cases members might share on a question from *Blueprint for Progress* or *Paths to Recovery*, sharing how they worked the Step or perhaps the difficulty they are having while working on it.