Presentation/Workshop at 2007 WSC on
Opening Our Hearts, Transforming Our Losses (B-29)

Purpose:
To assist Conference members in stimulating interest from the fellowship in exploring the topic of alcoholism and loss by using the new book, Opening Our Hearts, Transforming Our Lives (B-29).

Introduction:
Moderator explains that the book is one tool to help assist members in discussing how Al-Anon tools can help with the losses that accompany alcoholism. An abbreviated “Workshop on Wheels” shows one way to present a workshop on this topic, using one of the nine chapters of the book as a starting point for discussion. Conference members will receive a complete workshop format handout at the end of the session.

“Workshop on Wheels” Agenda:
I. Moderator introduces the subject, “Living with the Family Disease of Alcoholism” (the title of Chapter Two in the book), including a brief reading from that chapter
II. One member gives a five minute personal sharing on how he or she has used the program to deal with personal losses accompanying alcoholism
III. Moderator presents one or two questions for discussion from the end of Chapter Two of the book
IV. Ten minute sample roundtable discussion of questions among five pre-selected members
V. Summary by Moderator, explaining that this sample could be expanded, depending on time limitations, to include further table discussions among all attendees of the workshop