

Panel Leader
South Orange County H & I Panel Format

My name is _____ and I am an alcoholic. Are there any other alcoholics present?

We are members of the South Orange County Hospital and Institution Committee of Alcoholics Anonymous. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership, we are self supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution, does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.

The serenity prayer may be recited here if the leader chooses.

It is customary to read selected portions from our book “Alcoholics Anonymous”

I have asked _____ to read a portion of chapter 5 “How it Works”

Chapter Three and the Twelve Traditions are optional reading

I have asked _____ to read a portion of Chapter Three

I have asked _____ to read the Twelve Traditions

If Panel has a question/answer period, read the following:

After our panel members have spoken, there may be time for questions and answers pertinent to Alcoholics Anonymous or our recovery from the disease of alcoholism.

Please hold your questions or comments until after all of our panel members have spoken.

Our Speaker(s) tonight is:

When the Speaker is finished, call attention to the literature and note that it is available

If panel has a question/answer period, read the following:

During the question/answer period we will entertain any questions pertinent to Alcoholics Anonymous or our recovery from the disease of alcoholism.

Close the meeting with the prayer of your choice

It is suggested that you start your meeting by reading this short message:

Why We Are Here

We who have come to this facility to share our experience, strength, and hope with you today are members of Alcoholics Anonymous. In our capacity as A.A. members, we have no affiliation with this facility or any other institution. We are simply sober alcoholics who wish to help you achieve and maintain permanent sobriety in A.A.

Because the single most important aspect of A.A. recovery is one alcoholic relating to another alcoholic, the focus of this meeting will stay on the disease of alcoholism.

Many of us, in the beginning, felt we were not truly alcoholics because we used other substances or had mental problems. However, those of us who remained in A.A. did so because when examining our past, we found that we could not drink safely. We encourage you to listen to our experiences, to try to connect the trouble in your life with the symptoms of alcoholism, and then decide for yourself whether you are an alcoholic. If you decide that you are, we look forward to having you join us on our road to a happy and enthusiastic life in sobriety.

PANEL DO'S AND DON'TS

1) **Do dress appropriately.** *For women:* no tight sweaters or blouses, no see-through blouses or provocative clothing, no flip-flop sandals. *For men:* no hats, tank tops, shorts, or sandals. **Remember, you may be the only big book someone sees, so dress for attraction not promotion.**

2) **Do be timely.** Meet with your panelists at the facility a minimum of 15-minutes early.

3) **Do remember:** our primary purpose is to carry the message of AA by sharing our experience, strength, and hope.

4) **Don't use profanity or obscene jokes!** Swearing is not allowed in any facility! Confine all discussions to problems with alcohol. Avoid discussions of medications, overeating, sex-a-logs, etc.

5) **Don't visit** any relatives or friends while on a panel.

6) **Don't discuss** the staff, officials, or regulations of any facility with the residents, inmates, or patient while on a panel.