SAN FERNANDO VALLEY H&I COMMITTEE PANEL FORMAT

1. My name is _____, and I am an alcoholic.

2. Are there any other Alcoholics present?

3. We are members of the San Fernando Valley Hospital & Institutional Committee of Alcoholics Anonymous. This is the regular _____ night A.A. Panel at _____.

4. Would you please join me in the Serenity Prayer:

   God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

5. Read Introduction:

   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 AA membership; we are self-supporting through our own contributions. AA 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 to achieve sobriety.

6. It is customary to read selected portions of the "Big Book" of Alcoholics Anonymous:

   - May I have a volunteer to read a portion of Chapter 3?
   - May I have a volunteer to read a portion of Chapter 5?
   - May I have a volunteer to read the Twelve Traditions?

7. At this time our panel members/speakers are going to share with you their own experience, strength and hope, what they used to be like, what happened, and what they are like now. Anything we say that is not a direct quote from the "Big Book" of Alcoholics Anonymous is our opinion only. We do not speak for A.A. as a whole.

8. *If time permits and the panel has a question/answer period, read the following:*

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

9. Close the panel with the reading of A Vision For You and end with The Lord's Prayer.