

AA District 2 Practicing the Principles in All Our Affairs Workshop

Facilitator Guide (45 Minutes, Single Facilitator with 3-Person Panel)

Workshop Overview

This workshop explores what it means to practice AA's spiritual principles, honesty, humility, willingness, service, and gratitude, in every part of life, not just inside meetings. It centers on a 3-person panel that speaks directly to how these principles show up with other members and groups, in family and work life, and in our relationship with a Higher Power.

Total run time is 45 minutes. All times below are elapsed time from the start of the workshop and can be shifted to match your actual start time. There is no scheduled break, so keep segments moving and start on time.

Roles and Responsibilities

Give each person below their own copy of this guide, highlighted to their section, at least a week before the workshop.

Role	Responsibilities	Who / How Many
Facilitator (MC)	Opens and closes the workshop, delivers the opening presentation, introduces the panel, and keeps the overall schedule on track. Can also serve as a moderator.	1 person
Moderator	Introduces each panelist, asks the prepared questions, keeps the panel discussion on time, and opens the floor for a few audience questions near the end. Can be the same person as the Facilitator.	1 person
Panelists	Speak from personal experience about practicing AA's principles outside of meetings, in fellowship, family, work, and their relationship with a Higher Power. Send them their questions a week ahead so they can reflect, not memorize a script.	3 people
Resource Table Volunteer	Sets up and staffs a table with AA literature for anyone who wants to take a look or take a copy.	1 person
Timekeeper	Optional if the Facilitator or Moderator wants a dedicated person. Gives a quiet warning before each segment ends, so the panel does not run long.	1 person, or the Facilitator doubles up

Materials and Room Setup

- Sign-in sheet and name tags at the entrance
- Chairs arranged so the audience can see the panel table clearly, plus a small table and 3 chairs at the front for the panel
- Wall clock or visible timer for the Facilitator and Timekeeper
- Printed copies of the panel questions for the Moderator and each panelist
- Resource table: Alcoholics Anonymous (the Big Book), the Twelve Steps and Twelve Traditions, and copies of the Grapevine article "In All Our Affairs"

- Notepad or index cards at each seat if you want to collect audience questions in writing

Run of Show

Time	Segment	Length	Lead
0:00 to 0:05	Welcome and Opening Frame	5 min	Facilitator
0:05 to 0:13	Presentation: What It Means to Practice the Principles in All Our Affairs	8 min	Facilitator
0:13 to 0:15	Introducing the Panel	2 min	Facilitator
0:15 to 0:35	Panel Discussion: Practicing the Principles in All Our Affairs	20 min	Moderator + 3 Panelists
0:35 to 0:40	Audience Q&A with the Panel	5 min	Moderator
0:40 to 0:45	Closing and Wrap-Up	5 min	Facilitator

Resources

- The Twelve Steps and Twelve Traditions
- Alcoholics Anonymous (the Big Book)
- “In All Our Affairs,” AA Grapevine, July 1956, by H.W.

Pre-Workshop Checklist

- Recruit 3 panelists with a range of sobriety lengths and life experiences, at least 2 weeks out
- Confirm the Facilitator and the Moderator (these can be the same person)
- Send each panelist their questions 1 week ahead so they can reflect, not memorize a script
- Reserve the room and confirm seating for the audience, plus a small panel table up front
- Print this guide for the Facilitator and Moderator, and print the panel questions for each panelist
- Set up the resource table with the Big Book, the Twelve Steps and Twelve Traditions, and copies of the Grapevine article
- Prepare a sign-in sheet and name tags if needed

Workshop Format

Welcome and Opening Frame (0:00 to 0:05)

The facilitator opens with a short framing of the topic.

Welcome, everyone. Thank you for being here. Today, we are going to talk about a phrase a lot of us say without stopping to think about it: practicing these principles in all our affairs.

That phrase comes straight from Step Twelve. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs. Most of us can talk about honesty, humility, and service inside these rooms without much trouble. The harder question is whether we carry those same principles home, to work, to our families, and into our relationship with a Higher Power.

We'll spend a few minutes on what that phrase actually means, and then we are going to hear directly from three members about how they try, and sometimes fail, to live it out in the rest of their lives. After they talk, you will get a chance to ask them questions too.

Before we start, does anyone have questions about how tonight will run?

Presentation: What It Means to Practice the Principles in All Our Affairs (0:05 to 0:13)

The facilitator delivers the teaching segment below at a conversational pace.

So what does it actually mean to practice these principles in all our affairs?

It starts with a simple idea. The spiritual awakening a lot of us experience through the Twelve Steps is not supposed to stay inside the rooms where we found it. It is not something we put on before a meeting and take off on the drive home. The whole point is that it follows us out the door, into work, into our families, into our friendships, and into the ordinary decisions we make every day.

The word "principles" here refers to the values built into the Twelve Steps themselves: honesty, humility, willingness, acceptance, and service, among others. These are not abstract ideas we discuss on a Tuesday night. They are meant to be lived out, in real situations, with real people, when nobody is watching and nothing about the moment feels spiritual at all.

Part of this is carrying the message, sharing what we have found with people who are still struggling. But part of it is something quieter: simply being a living example of these principles in action, at the office, at the dinner table, and in the hard conversations we would rather avoid.

None of this happens once and stays finished. Practicing the principles is not a single event. It is an ongoing process of noticing where we fall short, learning from it, and trying again in the next situation. A member wrote about this in the Grapevine back in 1956, describing how words like humility, gratitude, and honesty took on new weight once he understood them, and how he realized he had only ever surrendered his alcoholism to this program, not the rest of his life. He put it this way, *"I had never extended this wonderful freedom from pride, resentments, envy, and need for perfection and competition, into all my affairs."*

That is really the question before all of us. Where in your life have you kept your recovery in a separate room, and what would it look like to let it out?

To help answer that, we have asked three members to join us up front and talk honestly about where they have tried to live this out, and where it has been hard.

Introducing the Panel (0:13 to 0:15)

The facilitator or Moderator introduces the panel format and panelists.

We have asked three members to share their experience with practicing these principles outside of meetings. [Panelist 1] is going to speak about the fellowship, how these principles show up with other members, with our groups, and with AA as a whole. [Panelist 2] is going to speak to family, relationships, and work. [Panelist 3] is going to speak to the community and to their relationship with a Higher Power. I will turn it over to [Moderator name] to introduce them properly and get us started.

Panel Discussion: Practicing the Principles in All Our Affairs (0:15 to 0:35)

The moderator briefly introduces each panelist, then works through the questions below, giving each panelist a turn before moving to the next question. Leave room for panelists to build on each other's answers.

Panelist 1: Fellowship, Other Members, and AA as a Whole

- How do you practice honesty and humility with other members, especially when you disagree with someone in your group?
- What does gossip or taking someone else's inventory look like in your home group, and how do you catch yourself doing it?
- What has service taught you about applying these principles within AA as a whole, not just in your own group?

Panelist 2: Family, Relationships, and Work

- What does practicing these principles look like in your closest relationships, with a spouse, partner, or family member?
- Can you tell us about a time these principles were tested at work or in a business relationship?
- How do you handle a situation where being honest might make things harder in the short term?

Panelist 3: Community and Our Higher Power

- How has your relationship with a Higher Power changed the way you show up in your community, outside of AA?
- What does willingness look like day-to-day in situations that have nothing to do with drinking?
- All three of you, close us out: are we actually practicing these principles in all our affairs, or just some of them? Where do you personally still have work to do?

Add or remove questions as time permits.

Audience Q&A with the Panel (0:35 to 0:40)

The moderator invites all three panelists to stay at the front and takes a few questions from the audience for the group or for an individual panelist.

Closing and Wrap-Up (0:40 to 0:45)

Facilitator returns to close out the workshop.

Thank you to our panelists for being so open with us tonight. That kind of honesty is exactly what we have been talking about.

Here is what I want you to leave with. Practicing these principles in all our affairs does not mean getting it right every time. It means noticing where we have kept our recovery in one room of the house, and being willing to open that door a little further, at work, at home, in our community, and with our Higher Power.

This week, I would encourage you to pick just one area, maybe it is a relationship, maybe it is something at work, and ask yourself honestly whether you are practicing these principles there the way you practice them in this room. You do not have to fix it today. Just look at it.

A reminder that the resource table in the back has copies of the Grapevine article we referenced tonight, along with the Big Book and the Twelve Steps and Twelve Traditions. Thank you all for being here. Let's close in the way we usually do.