

*As We Understood... -- What's in It for Me?*  
The spiritual insight and wisdom of Al-Anon and Alateen members

## ACTIVITIES

1. Divide into groups of four to five each.
2. Leader reads the quote then first few words of the paragraph. Groups locate the paragraph by finding the first few words, and then find the quote within the paragraph.
3. First group to find the quote names the page number and the location of the writer.
4. That group then picks a letter. SERENITY (8) HIGHERPOWER (11) SPIRITUALAWAKENING (18) GIVEITUP (8) PRAYER (6) SILENCE (7)
5. Each group looks at the letters it has collected and tries to guess the words.
6. Finally, all the letters are written on the board, and the group as a whole finds the words.
7. Leader then distributes the list of quotes. Each person chooses one quote to then share its importance with her/his team. The team chooses the story it wants to share with the entire group.
8. The entire group re-assembles and shares the stories.

## MATERIALS

1. Separate letters that spell SERENITY; HIGHER POWER; SPIRITUAL AWAKENING; etc.
2. List of quotes. (For leader first, then distribute to each person.)
3. Easel with marker or chalk board.
4. Copies of *As We Understood...* for purchase.

## VARIATIONS

1. Reduce number of questions to one or two per chapter (7). If seven questions, you need an eight-letter word to guess—SERENITY has eight words.
2. Eliminate picking a letter and forming the letters into words.
3. Separate into two workshops: the rowdy group work from the more comfortable group sharing process.