

AA For Today Group Online Zoom Meeting Format

>**MY NAME IS _____ AND I AM AN ALCOHOLIC**, Welcome to AA For Today Group Online; this is an (open) meeting of Alcoholics Anonymous.

>Would all who care to join me in opening with a moment of silence for those who are still sick and suffering, both in and out of the rooms, followed by the Serenity Prayer.

>**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. Thy will not mine be done. Amen

>**AA Pre-Amble:**

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 to achieve sobriety.

I> have asked a friend to read How It Works:

How it Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided, you want what we have and are willing to go to any length to get it- then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. Remember that we deal with alcohol- cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power- that one is God. May you find Him Now! Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Continue>>>>

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. 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.

Many of us exclaimed, "What an order I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection. Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three personal ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought

Ask a friend to read the tradition of the month

Tradition of the month for May-Long Version

5. Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers

>Thank you to those who read!

>Are there any announcements for the good of AA?

Please treat this as you would a face-to-face meeting. Here are some tips for newcomers attending your first online meeting: Keep personal information to yourself.

- please be respectful of others with a desire to share, Please no cross talking. We ask that when sharing we keep our sharing to 5 minutes, so everyone gets a chance to share. Please type! **In the Chat Screen, use the raise your hand button or simply wave your hand on screen when you**

want to share. thank you.

If you need to relay a message, please do so in Private chat screen. Please save any other comments or questions you have until the meeting after the meeting. Thank You

This is an open meeting, does anyone have a topic they wish to discuss?

Towards the end of Meeting with a few minutes left...Ask?

>Are there any burning desires?

>Is there anybody celebrating a monthly or yearly Anniversaries?

Ask somebody to read the promises.

The AA Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity.

We will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

We would like to thank all who came and those who participated by sharing.

>We have a great way to close!

>For all those who care to join us we would like to end this meeting with the Lord's Prayer.

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil, for Thine is the kingdom and the power and the glory forever

Thank- You