

## ONLINE MEETING SCRIPT

### **BEFORE THE MEETING STARTS, HAND OUT THE READINGS:**

- How It Works (or the 12 Steps)
- 12 Traditions

### **CHAIRPERSON OPENS THE MEETING**

- Welcome to the Online Virtual Meeting of Alcoholics Anonymous. My name is \_\_\_\_\_ and I will be your chairperson for tonight's meeting.
- At this point we have now muted all participants so we may hear each other clearly, so please remember to unmute yourself if you wish to speak.
- We have a big crowd in attendance. We ask that you keep your shares to about 2 to 3 minutes so that we can hear from as many as possible. We will try to get to as many people as possible.
- This is an open meeting of Alcoholics Anonymous. We are glad you are all here – especially newcomers. In keeping with our singleness of purpose and our Third Tradition which states that “The only requirement for A.A. membership is a desire to stop drinking”, we ask that all who participate confine their discussion to their problems with alcohol. **Anyone you see here may or may not have a drinking problem.**
- Please be careful of your own surroundings and personal information provided when you speak as we are in the world of the internet.

BEFORE THE MEETING STARTS, are there any announcements for the good of AA? (Remind participants to unmute if need be.)

- The meeting will now open with a moment of silence, followed by the Serenity Prayer

### **CHAIRPERSON READS PREAMBLE – *See below for all readings***

#### **READ 12 HOW IT WORKS OR THE 12 STEPS**

#### **READ 12 TRADITIONS**

- If you are new, we would like to welcome you; just try to sit back, relax, and listen.
- Is there anyone coming back who wishes to identify?

- It is important to recognize successes in periods of sobriety, Is there anyone who is celebrating a sobriety milestone?
- A word about the 12<sup>th</sup> Tradition: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities and to help us practice genuine humility. What you hear in this meeting, stays here. You are welcome to tell people you are a member of AA; you are not welcome to tell them that anyone else is a member of AA.

**ASK FOR 3 TOPICS – PLEASE UNMUTE YOURSELF TO SUGGEST**

**OPEN THE DISCUSSION**

- The first shares are reserved for anyone struggling or may drink today. Does anyone have a burning desire to share?

**CONTINUE THE DISCUSSION**

**CLOSE THE DISCUSSION**

- Before closing, we wish to remind you of the 7<sup>th</sup> Tradition. The 7<sup>th</sup> Tradition states AA is self-supporting through its own contributions. To donate to the various levels of AA Service you can find the contact information through [www.aastjohns.com](http://www.aastjohns.com). St. John’s Intergroup can also accept direct e-transfers at [sjintergroup@nl.rogers.com](mailto:sjintergroup@nl.rogers.com). The amount of your contributions is secondary to the spiritual connection that joins us in unity with AA groups around the world.
- Thanks to everyone, especially our hosts and readers. There are many members in our program, who for many reasons, are not attending zoom meetings please remember our primary purpose. Take a minute today to reach out to someone today. Also, if you are interested in any other local zoom meetings please see our website under the local meetings tab.
- Now for those who wish, we will close with the **Lord’s Prayer or I Am Responsible Pledge.**

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## A.A. PREAMBLE©

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.

## HOW IT WORKS (Big Book, pages 58-71)

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or 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.

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 pertinent ideas:

- (a) That we were alcoholics 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.

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## 12 TRADITIONS (Twelve Steps and Twelve Traditions)

**One** – Our common welfare should come first; personal recovery depends upon A.A. unity.

**Two** – For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.

**Three** – The only requirement for A.A. membership is a desire to stop drinking.

**Four** – Each group should be autonomous except in matters affecting other groups, or A.A. as a whole.

**Five** – Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

**Six** – An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

**Seven** – Every A.A. group ought to be fully self-supporting, declining outside contributions.

**Eight** – Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

**Nine** – A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

**Ten** – Alcoholics Anonymous has no opinion on outside issues, hence the A.A. name ought never be drawn into public controversy.

**Eleven** – Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

**Twelve** – Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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