

District 14 Online Meeting Format

4/10/2020

Before: Ask someone to read How it Works (including steps), Twelve Traditions, and the Daily Reflections

{GO!}

Good Evening ladies and gentlemen. This is the_{Group}_online meeting of the _____ Alcoholics Anonymous. My name is _____ and I am an alcoholic.

A few housekeeping items:

- Please mute yourself when you are not speaking. If you wish to share, please use the “Hand Raise”, waive your hand, or if no one else is speaking introduce yourself.
- We have no dues or fees in A.A. We are entirely self supporting based on voluntary contributions, give if you can, don't give if you can't.
- The 7th Tradition for this meeting will go to District 14. We are using CashApp, the CashApp address is: \$District14AA which I will post in the chat room now.

Let us open the meeting with a moment of silence to do with as you wish followed by 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.

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 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.

I have asked _____ to read “How it Works” from Chapter 5 of the A.A. Big Book.

I have asked _____ to read the Twelve Traditions

Is there anyone here for your first AA meeting? First Name Only

Is there anyone here for your first Online AA meeting?

Any visitors from outside the Metro East Area?

I have asked _____ to read the Daily Reflection

Open the Meeting for Sharing

In Closing

The AA Promises

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. 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.

(From Into Action pages 83 - 84 of the big book)

Announcements

Close the meeting with the Lord's Prayer, or any other prayer determined by group conscience.