

Online Meeting Template

Welcome to the _____ Group of Alcoholics Anonymous. My name is _____, and I am an alcoholic, located in _____.

Let's open this meeting with a moment of silence followed by the 3rd step prayer.

[Please paste the prayer in the text box:]

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always.

Please be sure to mute your microphone when you are not speaking. If you are calling in instead of using the Zoom app, please mute your phone. We ask everyone to take a moment to do that now. If the video or sound is choppy for you, try closing other applications and taking other devices off your Internet connection.

You can also right-click on yourself in the app to rename yourself - we recommend including your city and state, or city and country. For example, mine is “ First Name Last Initial ” and I am calling from city/state/country. ”

Our group endeavors to provide a secure and welcoming virtual environment in which our meetings can take place. To help us make everyone feel comfortable in our meeting, we ask that group members and others refrain from contact with people they do not know during or after the meeting unless it is regarding recovery. We hope that we can work together to provide a safe meeting place for all attendees. This is accordance with the first tradition, which states that "Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence, our common welfare comes first. But individual welfare follows close afterward."

Also, please take the precautions you feel are necessary to ensure your own personal comfort. For example, please let the chairperson know if someone is sending inappropriate private messages during or after the meeting.

I have asked a friend to read the 12 steps of Alcoholics Anonymous.

[Please share the 12 steps on the screen:]

- 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.*

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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

I have asked a friend to read the tradition of the month in long form.

[Please paste the tradition of the month in the text box:]

1. Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience.

3. Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

4. With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

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.

6. Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A.—and medically supervised.

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While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

7. The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

8. Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. "12 Step" work is never to be paid for.

9. Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office in New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

10. No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

11. Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it is better to let our friends recommend us.

12. And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an

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immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

I've asked a friend to read the ICYPAA's Facts, Aims, and Purposes because this meeting was started by the Austin Bid for ICYPAA.

[Please share the AA Preamble on the screen:]

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.

Is this anyone's first online meeting or first time here? When you introduce yourself, please let us know where you're joining from.

[ask people where they are joining from if they forget to mention it]

Is anyone in their first 90 days of sobriety who would like to be recognized?

Is anyone celebrating an AA anniversary this month?

Welcome everyone. This is a 1-hour meeting. The speaker will share for 15-20 minutes on the step or tradition of the month which is **[step #]** and then we will have sharing from the floor. Please raise your hand and the moderator will unmute you in order of raised hands. If you are using the app you can "raise your hand" by clicking the three dots at the bottom and pressing "raise hand". Please keep your shares to 5 minutes or less in order to give everyone a chance to speak.

If you're joining with the Zoom app, you'll notice that it says "this meeting is being recorded." We're only recording audio of the topic bringer with their permission, and making it available on our Facebook page.

Nothing that happens before or after the topic bringer's share will be included in the posted recording in keeping with our 11th & 12th Traditions of anonymity.

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[Introduce the person bringing the topic]

[hit “record” - choose “to the cloud”]

[once speaker finishes - stop recording and read the following]

Ok, the floor is now open for sharing. As a reminder in order to share please raise your hand and the moderator will unmute you in order of raised hands. If you are calling in and are unable to raise your hand please just unmute yourself and introduce yourself after the next available shar. Please introduce yourself and include where you're joining from.

[At the 55th minute]

Thank you to all those who shared. Now the seventh tradition:

The Spiritual Crosswalk Group has expenses such as Zoom access, and other technical costs, so we are asking AA members to support this meeting if they are able. **This is not required!** Please only give what you can, and respect the seventh tradition of AA which states that we are fully self-supporting, declining outside contributions. This means you should only contribute to our group if you believe you have a problem with alcohol. Details about how to contribute will be pasted in the chat - please stay after the meeting if you have any questions about our contribution methods.

[insert paypal/venmo link]

Are there any AA-related announcements?

[After announcements]

The _____ Group is an open meeting that meets _____.

I'm also pasting in the chat the meeting link and the info to call in via phone from another country.

[insert meeting link]

Our group conscious meetings take place on the _____ of each month after our regular meeting. If you have any questions about AA, or this group, or sponsorship, please stay on for the meeting after the meeting and bring them up. We hang out afterwards. Let's end the meeting with a moment of silence followed by the Responsibility Statement, which is now in the chat:

[Paste Responsibility Statement in the chat]

I am responsible.

When anyone, anywhere reaches out for help,

I want the hand of AA always to be there,

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And for that I am responsible.

All documents from our webinar can be found on

<http://www.austinbidforcypaa.com/zoom-best-practices-webinar/>