

Sober Women of the World
Friday afternoon Meeting Format (updated 2/3/25)

All Chair / Host: Info in Red Italics does not need to be read aloud

Door opener to Login at 3:45 PM. Allow chatting prior to meeting. Ask for a volunteer to chair the meeting and a volunteer to do IT functions. Give Host access to chair and IT host. If no one volunteers, door opener will take on responsibility of meeting.

Begin the Meeting at 4:00 PM: This is the Sober Women of the World Friday afternoon meeting. My name is _____ and I am an alcoholic. I'll be chairing this meeting with _____ as our IT co-host. This is a closed meeting of Alcoholics Anonymous. If you have a desire to stop drinking, you are welcome to stay.

Housekeeping:

- Please manage your background noise and background privacy. Raise your hand to share using the button or physically waving. **If you are moving about, you are more than welcome to listen in, but please turn your camera off until you are settled.** This group discourages "cross-talk" which means we do not interrupt when others are sharing or give advice to one another, we speak only from our own experience, strength and hope using "I," statements not "we statements."
- We invite you to share information about this meeting with others, but please do NOT post it on social media (*11th Tradition, which states in part that "Our public relations policy is based on attraction, rather than promotion..."*).
- If you have attended enough of our SWOW meetings to want to make this your home group, use chat to send your email and sobriety date to the chairperson. **(Chairperson: Send this info on Dot C. at Pokeydot52895@gmail.com)**
- Please refrain from group posting in the **CHAT** during the meeting. If you have an announcement, please wait to bring it up at the end of the meeting during "Announcements."
- If you need a court card signed for attendance verification, please stay on the meeting after closing and ask the chairperson send you the link. **(<https://forms.gle/TdU9omfeXPgtzf616>)**

Let's have a **Moment of Silence** before saying the **Serenity Prayer**.

Chair reads: **Preamble** Alcoholics Anonymous is a fellowship of people 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.

Chair reads: This is a passage from the book we will be studying by Bill W:” Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.”

Chair asks for a volunteer to read: How It Works Page 58/59/60 Big Book

Chair asks for volunteer to read: 12 Traditions: Page 562 Big Book

Chair asks for volunteer to read: Daily Reflections

Welcome: Welcome to visitors and newcomers. Raise your hand if you are attending this group for the first time. Raise your hand if you have less than 30 days of sobriety.

AA Anniversary: Is there anyone with an anniversary this week—30 days, 60 days, 90 days, 6 months, 9 months, year or multiple of years?

Our suggestions to newcomers are don’t drink. Go to as many meetings as possible. **Get a sponsor.** If you are willing to sponsor or need a sponsor, please connect with someone via chat.

If you have a sobriety threatening issue, please don’t leave here without texting, chatting, calling or asking for someone to stay on with you after the meeting.

The format for this meeting is: focus on Emotional Sobriety, using the text from “Emotional Sobriety the Next Frontier” **which is a collection of stories from the AA Grapevine magazine.**

Discussion Ends at 4:55 PM

Announcements: share the 7th tradition info below - We are fully self-supporting to cover our expenses.

7th Tradition Contributions

1) type in <https://donate.homegroup.online>

2) Search SWOW

3) Choose Payment Mode and follow directions

To send a check, Mail to:

Homegroup Online

PO Box 10764

Prescott, AZ 86304-0764

IMPORTANT: ADD SWOW IN THE MEMO AREA

ONLY SWOW, NO OTHER WORDS OR SYMBOLS.

Chair will ask for a volunteer to read: The Promises on Page 83 of the BB will be read by a volunteer.

Chair reads: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. That means whom you see here, what you hear here, is a trust. **Let it stay here.**

We close with a moment of silence for the still suffering alcoholic inside and outside these rooms, then the **7th Step Prayer on Pg 76 in the BB**. My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.