

NOTE TO CHAIRPERSON: Thank You SO much for Your service. Use this script as a guideline. Life Preservers is a pretty laidback group, courteous crosstalk and banter is common, so just do Your best to moderate, but go as God guides us.

Hi, I'm _____ and I'm an Alcoholic. Welcome to the (DATE AND TIME) Life Preservers Group meeting of Alcoholics Anonymous. 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 our common problems with alcohol and our common solution for alcoholism.

Please help us open our meeting with a moment of silence followed by the serenity prayer.

(*PRAYER***)**

A.A. 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.

(Ask for a volunteer to read “How It Works” page 58-60 in the Big Book. Ask for a volunteer to read the 12 traditions page 562 in the Big Book. Ask a volunteer to read the 9th step Promises page 83-84 in the Big Book.) 4th edition

(If there are people I don’t recognize, I ask if there are any newcomers or visitors who would like to introduce themselves...If they say they are new, I ask if they are brand new to AA and just generally welcome them and thank them for attending [feel free to adlib here as You are comfortable] If there are newcomers, I often steer the group into reading step one on Sundays and Doctors Opinion on Tuesdays.

Before moving forward, is there anyone who believes their sobriety is in danger, that there is something going on that You would like to talk to the group about?

(CHAIRPERSON PAUSE)

We meet 2 times a week, Sundays at 7:pm and Tuesdays at 7:pm. Sundays we read from the 12&12 unless we have a speaker or topic and Tuesdays we read from the Big Book unless we come up with a topic.

Does anyone have any announcements for the good of the group or AA as a whole?

Before we pick up our reading, does anyone have a topic they would like to raise with the group.

(if someone raises a topic, ask if anyone wants to share, feel free to share with the group and try Your best to moderate the meeting and contribute with the group if there is no topic, sort out what page we are starting our reading with the group, either start reading or ask for a volunteer but read the following first)

Here at Life Preservers, we pass the book around and everyone is encouraged to share as we go along. Feel free to speak up or raise Your virtual hand if You would like to read or share.

(NOTE* Read this next part for speaker meetings)**

The topic of this meeting is always, our HIGER POWER in recovery. If you are a newcomer or are having a problem with your sobriety, we invite you to stay after the meeting. There you can talk with one of us. Please stay, listen and let us help you anyway we can.

The format of this meeting is as follows:

A recovering alcoholic will be asked to share 20 to 30 minutes about their experience finding a higher power and what role that higher power plays in their life today.

After the speaker finishes their share, the floor will be open to comments and discussion, based on the speaker's experience.

“When we became alcoholics, crushed by a self-imposed crises we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What was our choice to be?” AA Basic Text, page 53