



## Spiritual Meeting - Sunday 10:00 AM

**STATE:** Hi my name is \_\_\_\_\_ and I am an Alcoholic. Welcome to our online group “AA-Unity in Recovery”

**READ:** This is a closed meeting of Alcoholics Anonymous. In keeping with our singleness of purpose and the Third Tradition, attendance at closed meetings includes the alcoholic or those who think they may have a problem with alcohol. We ask that when sharing we confine ourselves to those problems and solutions as they relate to alcoholism.

**READ: The 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 AA 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. Please visit our website at <https://aaunityinrecovery.org> to make a 7th tradition contribution. Contributions above our prudent reserve are sent to On- Line Intergroup of Alcoholics Anonymous and the General Service Office.

**READ:** I am now going to read from the Big Book of Alcoholics Anonymous, Page 85: “It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God’s will into all our activities. “How can I best serve Thee – Thy will not mine be done”. These are the thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.”

The chat function is locked to avoid disruption and protect our meeting; however, you may communicate with the host or co-host as needed

**STATE: Our topics for this meeting will be: SELECT/READ ONE OF THE FOLLOWING STEPS.**

3. Made a decision to turn our will and our lives over to the care of God as we understood him.
6. We were entirely ready to have God Remove all these defects of character.
7. Humbly asked him to remove our shortcomings
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 the knowledge of his will for us and the power to carry it out.

**STATE:** Please softly close your eyes as I read our prayer for the day. We will then observe a moment of silent meditation. During our 30 seconds of silent meditation let's focus on thoughts that come to mind regarding this step, and the corresponding prayer.

**SELECT AND READ THE CORRESPONDING PRAYER:**

3. "God, I offer myself to thee – to build with me and to do with me as thou will. Relieve me of the bondage of self that I may better do they 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.
6. "God, thank you for removing my fears and for showing me the truth about myself. I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your grace and remove these objectionable characteristics, defects, and shortcomings from me."
7. "My creator, I am now willing that you 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"

10. "God help me to watch for selfishness, dishonesty, resentment, and fear. When these crop up in me, help me to immediately ask you to remove them from me and help me to discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today."

11. "Lord, make me a channel of thy peace; that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error; I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved, for it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life.

**STATE:** Our meeting is now open for sharing. You may raise your hand if you wish to share. You can find the raise your hand function in the reaction section. As you are selected to share, you will receive a command to unmute yourself. In the event no one raises their hand, I will call on participants. I will be coming to those with video first, this better protects our meeting. Please keep your share to 3 minutes. This will allow others to also share.

**AT 10:55 READ:** If you have questions, wish to make a 7th tradition contribution, are willing to be of service by chairing or co-hosting a meeting, or need proof of attendance, please visit our website at <https://aaunityinrecovery.org>. Contributions above our prudent reserve are sent to On- line intergroup of Alcoholics Anonymous and the General Service office. If you are willing to chair or co-host a meeting you must have 6 months of continuous sobriety.

It is now time for us to celebrate increments of sobriety: Please raise your hand in the participants box if you are celebrating 30 days, 60 days, 90 days, 6 months, or 9 months of sobriety. Does anyone have an annual birthday? Would anyone like a desire chip to symbolize an outward desire to stay sober one day at a time? Visit our website and click on chip- request so we can send you a chip.

AA Unity in recovery meets at 7:00 pm CST Monday and Wednesday for a Discussion Meeting and Friday for Open Speaker Meeting and of course we meet Sunday at 10:00 am CST for our Spiritual Meeting.

Our Group Conscience meeting is the last Sunday of every month directly after the close of that Sunday's 10am Spiritual Meeting.

Anonymity is the spiritual foundation of all our traditions ever reminding us to place principles before personalities. Our channel will be open for newcomers and AA fellowship after the close of the meeting,

**STATE:** We will now close with the Serenity Prayer.