



Discussion Meeting Format

Before the Meeting:

- Ask someone to read “**How It Works**” pg. 58-60 from *their* Big Book
- **Mute All upon entry - then greet and unmute individually as time permits.**
“Where are you logging in from? Then re-mute.

Beginning the Meeting:

My name is _____ and I am an alcoholic.

Closed – 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 that 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.

THE AA 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 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.

To remind us why we are here, please join me in a moment of silent meditation –each in your own way– followed by the Serenity Prayer.

I have asked _____ to read “**How It Works**” from page 58 of the Big Book.

A.A.’s 7th Tradition states that we are self-supporting. Please consider an online contribution to help us meet our expenses.

1. Visit <https://aaunityinrecovery.org>
2. Click on the contributions Link at the top of the Page

3. All contributions above our prudent operating reserve are sent to On-line intergroup of Alcoholics Anonymous and the General Service Office.
4. Out of respect for all Members, we discourage cross talk therefore the *Chat* will be locked during the meeting, however you can Chat with the Host or Co-Host.
5. Please keep your shares to 3 minutes or less.
6. Silence any background noise so we can hear you clearly.
7. Raise your hand in the reactions box if you wish to share & the chair will then send you an unmute command. If no one raises their hand, I will be coming to those with their video on first to better protect our meetings.

Introduce the Meeting Topic

(The topic for the first Monday of each month is the corresponding tradition.

(Example: January is tradition 1, etc.)

Introduction to the Traditions: On the first Monday of each month we focus on the 12 traditions. The Traditions of Alcoholics Anonymous are we AA's believe, the best answers that our experience has yet given to those ever urgent questions, "How can AA best Function?", and "How can AA best stay whole and so survive?"

This month we are going to talk about Tradition_____....

AT 7:55 READ: If you have questions, wish to make a 7th tradition contribution, are willing to be of service by chairing or co-host a meeting), or need proof of attendance, please visit our website at <https://aaunityinrecovery.org>. 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. We meet Sunday at 10:00 am CST for our Spiritual Meeting.

Chairpersons and cohosts are scheduled in advance to ensure our meetings will be held. A monthly commitment is each Monday, Wednesday, Friday, or Sunday in a month, and training is provided. Please visit our website and fill out the Be of Service form. Our Group Conscience meeting is held the 3rd Sunday of February, May, August, and November directly after the close of the 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. On Group Conscience Meeting days, we will open fellowship for 5 minutes until the start of the Group Conscience Meeting.

Let's close our meeting with the AA Responsibility Statement

I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.