

Monday night Living Sober AA meeting format

*(In advance of meeting, the secretary asks someone to read "About That Title" and a **leader** to kick off the first few paragraphs of the reading and passes, reading continues round-robin, followed by a 5 min share on the topic by the **leader** when the reading is finished)*

Good evening. This is the virtual meeting of the Living Sober group of Alcoholics Anonymous. My name is _____ and I am an alcoholic and your secretary. Let us open the meeting with a moment of silence followed by the Serenity Prayer:

God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference.

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.

Anonymity is the spiritual foundation of our program, ever reminding us to place principles before personalities. This means who you see here, what is said here, let it stay here (Hear, Hear!).

In addition to our principles of anonymity, Grounded is committed to providing a secure and welcoming place of recovery. We ask that group members and others refrain from any behavior which might compromise another person's privacy, well-being, OR recovery. Thank you all for supporting a safe and comfortable environment.

_____ **will now read "About that title" from page 2 of Living Sober**

About that title

Even the words "stay sober"—let alone live sober—offended many of us when we first heard such advice. Although we had done a lot of drinking, many of us never felt drunk, and were sure we almost never appeared or sounded drunk. Many of us never staggered, fell, or got thick tongues; many others were never disorderly, never missed a day at work, never had automobile accidents, and certainly were never hospitalized nor jailed for drunkenness.

We knew lots of people who drank more than we did, and people who could not handle their drinks at all. We were not like that. So the suggestion that maybe we should "stay sober" was almost insulting. Besides, it seemed unnecessarily drastic. How could we live that way? Surely, there was nothing wrong with a cocktail or two at a business lunch or before dinner. Wasn't everyone entitled to relax with a few drinks, or have a couple of beers before going to bed?

However, after we learned some of the facts about the illness called alcoholism, our opinions shifted. Our eyes have been opened to the fact that apparently millions of people have the disease of alcoholism. Medical science does not explain its "cause," but medical experts on alcoholism assure us that any drinking at all leads to trouble for the alcoholic, or problem, drinker. Our experience overwhelmingly confirms this.

So not drinking at all—that is, staying sober—becomes the basis of recovery from alcoholism. And let it be emphasized: Living sober turns out to be not at all grim, boring, and uncomfortable, as we had feared, but rather something we begin to enjoy and find much more exciting than our drinking days. We'll show you how.

The format of this meeting is... We will now begin the reading from the book Living Sober, starting from where we left off the previous week. The leader will kick off the reading for a few paragraphs then pass along to someone else and so on until the chapter is complete. This reading will be followed by a 5-minute share from the leader who will then open the meeting for sharing and discussion. We welcome anyone to this meeting and ask that you identify yourself as an alcoholic and that you have 24 hours of sobriety before sharing. Each person will have 3-4 minutes to share, be mindful of the timer and please mute your zoom app when not sharing. We do not raise hands in this meeting so please jump in to share when there's a pause. Sharing will end at 8:25 for announcements.

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(end meeting at 8:25p) That's all the time we have left for sharing.

My name is _____ and I'm your alcoholic secretary (pause). Let's thank ____ for leading the meeting (pause again).

(Chip person), can you please make the chips announcement?

Other announcements:

- The 7th Tradition states we will be self-supporting through our own contributions. Contributions can be made online via the Grounded PayPal account – groundedaa@gmail.com
- (Share Grounded information slide—no need to read through all meeting times, but mention)
- The Upcoming speaker for the Tuesday night meeting is (leader's name - find out beforehand who is leading)
- Please go to our website, <https://groundedaa.com/> for more information such as a meeting schedule or other AA-related requests, including a phone list, court cards, literature, etc.

(Sponsorship person) Can you please make the Sponsorship announcement?

Are there any other AA-related Announcements? Thank you for letting me be of service {Call someone to lead us out in a prayer of their choice}