

Grounded AM Meeting Script

Good morning and welcome to the Grounded in The Cloud meeting of Alcoholics Anonymous. My name is _____, and I am your alcoholic secretary for today (*Pause for a hello from the group*). Are there any other alcoholics present?

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 membership, and 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; and 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.

The format of this meeting is that the leader will read from the Daily Reflections and then share for five minutes, followed by group sharing. Background noise is easily detected by the microphone, so please use the mute function when not sharing. 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 2 minutes to share so please remain mindful of the timer, and there is no crosstalk at this meeting. Sharing will end at 55 minutes past the hour.

(Hand it over to the chosen leader, who reads the day's Daily Reflection and shares for five minutes. When the leader is done...)

"We are now open for sharing. We do not raise hands at this meeting so please jump in to share when there's a pause. Again, please keep your share to 2 minutes. Keep an eye on _____, who will signal when it's time to wrap up.

@ 7:55am That's all the time we have left for sharing.

My name is _____ and I am your alcoholic secretary (Pause). Let's thank _____ for leading the meeting (Pause).

_____, can you make a sponsorship announcement?

_____, 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 or Venmo accounts - groundedaa.com or you can scan the QR code or go to the website.

● *(Share Grounded information slide—no need to read through all meeting times, but mention)*

● The Upcoming speaker for the Tuesday night meeting is _____.

● Please go to our website, <https://groundedaa.com/> for more information, such as:

● Meeting schedule ● Requests, including:

● Phone lists ● Court Cards ● Literature

If you need a court card or meeting verification, please request it from the website. Do not e-mail requesting a court card. You will be sent back to the website.

Let's thank _____ for door, _____ for timing, _____ for Sponsorship, and _____ for Chips, _____ for leading, and all of you for participating today.

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

Recommended Links to put in your Favorites Bar

<https://zoom.us/j/523959835?pwd=aWFzL05FSllyaHVxc1JONTU1d04ydz09#success> – (Link to launch the meeting)

<https://www.aa.org/daily-reflections> (This will display today's Daily Reflection)

<https://groundedaa.com/> (To display the Grounded Website)

Prayers

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

Third-Step Prayer

God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy 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

Text for Zoom Chat

For literature, to request a phone list, or have your name added please check out www.groundedaa.com

For meeting attendance/court cards <https://groundedaa.com/meeting-verifications>

Anything else? e-mail groundedaa@gmail.com