

## JUST FOR TODAY 6am Virtual Meeting Format

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### Notes to **Chairperson** and **Virtual Meeting Host**

- Please log in at least 5 minutes prior to the meeting start time to make sure you can connect
- Please have a copy of the reading for the day available to read as well as the Tradition of the Month
- Before the meeting starts, ask for 2 volunteers to read the Preamble and Promises
- **6AM Meeting formats change as follows:**
  - *Mondays through Fridays:*
    - Daily Reflection meetings
    - OR--
    - Chair's choice of any AA conference-approved literature reading **AS LONG AS the chair provides an electronic of the reading it to the VMH by 5:00 PM the day before.**
  - *Fridays* are chip day - please call on a volunteer to offer virtual chips on Friday
  - *Saturdays* are Dealer's Choice meetings: Chair shares on a topic or question of your choice (related to the AA program of recovery) for 5 minutes and then opens the meeting for discussion
  - *Sundays* are Gratitude Meetings: Chair shares for 5 minutes on gratitude then opens the meeting for discussion
- You may want to have a piece of paper and pen with you to make notes during the meeting
- The JFT Virtual Meeting Host will mute all at the start of the meeting and help to mute folks during the meeting as needed
- Please check in with the JFT Virtual Meeting Host at the break for announcements, and any time you feel you need help
- Get familiar with the Zoom tools
- Black text is to be read as a script by the Chairperson—there is no need to read the slides aloud; let folks read on the screen
- The group conscience is to give priority to participants with “raised hands” to share before others
- The Chairperson and JFT VM Host may share cell phone #s in case of difficulties during meeting
- Guidance in the format is marked as follows: <Guidance to Chairperson> or <GUIDANCE TO VIRTUAL MEETING HOST>

Thank you for your service! You are going to do GREAT!

## Meeting Format

- Welcome to the virtual **Just for Today** meeting of Alcoholics Anonymous. My name is. . .
- This is a 45 minute discussion meeting ending at 6:45.
- This is a Closed Meeting of Alcoholics Anonymous. In support of AA's singleness of purpose, attendance at closed meetings is limited to persons who have a desire to stop drinking. If you think you have a problem with alcohol, you are welcome to attend this meeting. We ask that when discussing our problems, we confine ourselves to those problems as they relate to alcoholism.
- **Before we start, do we have any participants who are new to this meeting, new to AA, or visiting who would like to introduce themselves?**

<Chairperson: let new or visiting participants introduce themselves>

- Those who are willing to be temporary sponsors may use the Raise Hand feature in the "Reactions" Tab. And, those willing to take calls or texts have posted their numbers. Please take a look at the raised hands, along with names and numbers, of people willing to be temporary sponsors and take calls or texts. For those on the telephone, please stay a few minutes after the meeting to chat and ask for names and numbers.
- We read the Tradition of the Month at this meeting:

<JFT VIRTUAL MEETING HOST: SHARE SCREEN WITH TRADITIONS>

<Chairperson: read the Tradition of the month>

- Can we please have a Moment of Silence to use as you wish.

<JFT VIRTUAL MEETING HOST: SHARE SCREEN WITH PREAMBLE>

- <Ask your volunteer to read the **Preamble of Alcoholics Anonymous**>

*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.*

<JFT VIRTUAL MEETING HOST: SHARE SCREEN WITH PROMISES>

- <Ask your volunteer to read the **Promises**:>

*If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.*

**Saturday and Sunday < JFT VIRTUAL MEETING HOST: STOP SHARING SCREEN>**

- **Mondays-Fridays**

- Now I will read from today's page from <Daily Reflections OR the AA conference approved literature I've selected>

< **JFT VIRTUAL MEETING HOST: SHARE THE DAILY REFLECT OR PASSAGE SELECTED -**

<**Chairperson:** Read Daily Reflections passage for the date- Then, if you choose, you may share your experience/thoughts on this **for under one minute-** if not you can go directly to "Let's begin the sharing...">

< **JFT VIRTUAL MEETING HOST: STOP SHARING SCREEN**>

- **Saturdays**

- Today is a Dealer's Choice so I am to share on a topic or question related to the AA program of recovery **for about 5 minutes** then I will open the meeting for discussion.

<**Chairperson:** Share for about 5 min>

- **Sundays**

- Today is a Gratitude Meeting so I am going to share with you **for about 5 minutes** on the topic of gratitude then I will open the meeting for discussion.

<**Chairperson:** Share for about 5 min>

- Before we begin the share the host will lower all hands for temporary sponsorship. Now we will begin the sharing with a show of hands that want to share. As a reminder, please unmute your phone or audio when speaking and mute after you speak. Please **limit your sharing to 2 to 3 minutes so that as many as possible have a chance to speak.** It is important to share the time. Now I will call on participants to share. Feel free to pass if you are called on and do not care to share.

<**Chairperson:** The JFTV group asks that you first call on people who have their hands raised in the order seen in the participants list. If no hands are raised you may allow for silence, or call on other participants.>

<**Chairperson:** About halfway through the meeting:>

- We are going to stop the sharing for just a moment.

- Please visit [www.justfortodayaa.com](http://www.justfortodayaa.com) to view our bulletin board, and access the groups resource and tools.

(continued...)

- The 7th Tradition of Alcoholics Anonymous states that every group ought to be fully self-supporting, declining outside contributions. Use [www.justfortodayaa.com](http://www.justfortodayaa.com) to send your 7<sup>th</sup> Tradition contributions by check or Paypal. Directions are on the website.
- We encourage you all to join us on Fridays for “chip day” to celebrate various lengths in sobriety.
  - **Fridays** are “chip day” at the break. May I have a volunteer to do virtual chips?
- **As a reminder, please limit your share to 2-3 minutes so as many people as possible have the chance to share;** and if you’ve shared in the past few days, consider leaving time for others to share.
- **Mondays-Fridays:** Before we return to the sharing, could the VMH please display the reading again.
  - **<JFT VIRTUAL MEETING HOST: Please display the day’s reading again>**
- Now we can return to the sharing. Is there anyone new or feels up against a drink that would like to share today?

< **Chairperson: End a minute early to allow time for announcements**>



- That’s all the time we have for today. In closing, if you did not get a chance to speak and feel the need, or if you feel at risk of drinking today, please stay after the meeting to speak with someone.
- **Those who are available for sponsorship will raise their hand again now;** and everyone is encouraged to stick around after the meeting to get numbers and make connections.
- We hope that you heard something to take with you, but please leave the names and faces here where they belong in the virtual halls of AA.
- Please check our group website at [www.justfortodayaa.com](http://www.justfortodayaa.com) for any updates, group news and general AA-related information.
- Let’s end the meeting with the “we” version of the serenity prayer, for which everyone is welcome to unmute:

< **JFT VIRTUAL MEETING HOST: UNMUTE ALL PARTICIPANTS**>

or - ASK EVERYONE TO UNMUTE THEMSELVES

*God, grant us the serenity to accept the things we cannot change  
The courage to change the things we can  
And the wisdom to know the difference.*