

JUST FOR TODAY 7 AM VIRTUAL MEETING FORMAT

Notes to Chairperson and Virtual Meeting Host

Welcome to the virtual 7 am Just for Today meeting of Alcoholics Anonymous. My name is...

Let's begin the meeting with a moment of silence.

This is a 60 minute discussion meeting ending at 8:00 am.

- 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. When sharing, we ask that members focus on their experience with alcoholism and recovery and direct their comments to the entire group rather than to specific members.
- We invite any participants who are new to this meeting, new to AA, or visiting to introduce themselves at this time.
- <Chair: Let new or visiting participants introduce themselves>
- Those who are willing to take calls or texts may post their number in the participants list. Those who are willing to be temporary sponsors may post a Hashtag (#) in front of their names. If you are new, have a look at the participants list for contact information. The Chat is open so that members can direct chat another member. Please refrain from using the Chat to Everyone. As part of fully participating in this meeting, if it is possible to turn your camera on, we hope you will do so, especially if you are speaking.
- We read the Tradition of the Month at this meeting.

<JFTV VMH: Copy and paste the [Tradition of the Month](#) in the Chat to Everyone>

<JFTV VMH: Copy and paste the [Preamble](#) in the Chat to Everyone>

<Chair: Ask your volunteer to read the Preamble of Alcoholics Anonymous, which is posted in the Chat.>

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.

<JFTV VMH: Copy and paste the [12 Steps](#) in the Chat to Everyone>

<Chair: Ask your volunteer to read the 12 Steps of Alcoholics Anonymous, which are posted in the Chat.>

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
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 knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

- MEETING LITERATURE/CONTENT

- o Monday: On Mondays we read from **Living Sober**. I'll begin and we'll continue the reading with volunteers from the group. (See Signup Genius Page for Reading Chapter)

<JFT VMH: Share Screen with Reading of the day's Living Sober>

<Chair: Read the first paragraph of Living Sober passage for the date, then pass the reading to other group members by show of hands or open mic volunteering>

< JFT VMH: After the Reading, Stop sharing Screen>

- o Tuesday – Thursday: **Daily Reflection**; OR selected AA conference approved literature

- Friday: **As Bill Sees It** (See Signup Genius for the Reading Number)

<JFT VMH: Share Screen with Reading>

<Chair: Read the literature passage>

< JFT VMH: After the Reading, Stop sharing Screen>

- o Saturday (Dealer's Choice): Saturday is Dealer's Choice and I have chosen to...

<Chair:> Offer your "Dealer's Choice Reading or Dealer's Choice Topic/Reflection" (5 min)>

- o Sunday (Gratitude): The topic today is Gratitude.

- o

<Chair:> Offer your "Gratitude Reflection" (5 min)>

< Each day at around 7:15am--JFT VMH: Copy and paste the reading or link into to Chat to Everyone>

[On Monday-Friday, the chair has the option to share their reflection on the reading or open up the sharing immediately.]

- Let's begin the sharing. As a reminder, please keep yourself muted unless you are speaking. When you choose to speak, please feel free to unmute and go ahead. I may

also call on people using the Participants list; please feel free to pass if you do not wish to speak.

<Chair: About halfway through the meeting:>

- Let's take a break for the 7th tradition and announcements. The 7th Tradition of Alcoholics Anonymous states that every group ought to be fully self-supporting, declining outside contributions. Please go to justfortodayaa.org and send your 7th Tradition contributions by check, PayPal, or Venmo. Directions are on the website.

< JFT VMH: Put website and 7th tradition information in the Chat to Everyone >

- Fridays are "chip day" at the break. May I have a volunteer to do virtual chips? Let's check in with the Virtual Meeting Host to see if there are any announcements.

< JFT VMH: Any JFTV and/or AA announcements can be put in the Chat to Everyone>

< Chair: Monday-Friday, read the following:>

- Before we return to the sharing, a reminder that today's reading can be found in the Chat.

< JFTV VMH: Copy and Paste the Reading in the Chat to Everyone>

- Now we can return to the sharing. Please limit your sharing to 2-3 minutes so as many people as possible have the chance to share

< After all have had a chance to share, or by 7:57, the chair will say:>

That's all the time we have for today. Before closing the meeting, can we get a volunteer to read the **9th step promises**, which will be posted in the chat:

<JFTV VMH: Copy and paste the [9th Step Promises](#) in the Chat to Everyone>

If we are painstaking about this phase of our development, we will be amazed before we are half way 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.

- 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 and check in with someone.
- 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 justfortodayaa.org for group news and general AA-related information.
- Let's end the meeting with the "we version" of the serenity prayer. Please feel free to unmute.

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