

Preparing to chair the meeting:

**-Send the VMH what your reading is by 5pm the day before you chair.
Otherwise, the default reading screenshared will be from the day's Daily Reflection.**

- Log in at least 15 minutes prior to the meeting start time.
- Have copies of: your reading, tradition of the month, serenity prayer.
- Ask people to read Preamble and Promises prior to the meeting starting. (Preamble and Promises are screenshared.)
- Optional, ask someone to be a timekeeper.

6 AM JUST FOR TODAY VIRTUAL MEETING SCRIPT

(At 6:00am, the VMH will mute all. Chair, unmute yourself)

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

This is a 45-minute Closed Discussion Meeting. In support of AA's singleness of purpose, attendance at closed meetings is limited to people who have a desire to stop drinking. If you think you have a problem with alcohol, you are welcome to attend.

We ask that when sharing, we confine ourselves to matters pertaining to recovery from alcoholism. Lack of profanity will offend no one. Please avoid directly speaking to or using another person's name when sharing.

Before we begin, do we have anyone who would like to introduce themselves?
New, visiting, coming back?

People willing to be sponsors have put a hashtag by their name. Please post your phone number if you would like to receive phone calls and texts.

Please stay a few minutes after the meeting to make connections, especially if you cannot see the phone numbers or hash tags.

Today's reading, our website with links for chairing and VMH sign up will be posted in the chat. Please refrain from using 'everyone' and chat directly to the intended person.

Can we please have a moment of silence to use as you wish.

We read the Tradition of the month at this meeting. (Read by Chair)

I have asked _____ to read the Preamble (VMH screenshares)

I have asked _____ to read the Promises (VMH screenshares)

(Choose the appropriate format of the day from below)

Sunday – Today is a gratitude meeting. I will share for about **5 minutes** on the topic of gratitude and then open the meeting for discussion.

Monday – Friday – I will read from AA conference approved literature and share for **5 minutes**. Afterwards, the meeting will be open for discussion.

Saturday – Today is dealer's choice. I will share on a topic or question related to the AA program of recovery for about **5 minutes**. Afterwards, the meeting will be open for discussion.

(Open the meeting for discussion)

Now you may raise your hand if you would like to share. Please limit your sharing to 3-4 minutes. You might be reminded to wrap up if you go over 4 minutes.

Now I will call on participants beginning with raised hands. Feel free to pass if you are called on and do not care to share.

(At approximately 6:25 we are going to take our 7th Tradition break)

The 7th Tradition of Alcoholics Anonymous states: Every group ought to be fully self-supporting declining outside contributions. Please use the JFTV website for your 7th Tradition contributions. Directions are on the website.

Please visit www.justfortodayaa.org to access the group's AA resources, tools, updates, group news and general AA related information.

Are there any announcements?

Reminder, people with hashtags in front of their names are available for sponsorship. Feel free to reach out to people who have posted phone numbers.

(Fridays only): Friday is our 'virtual chip day' at the break. May I have a volunteer to do virtual chips?

Is there anyone new or feels up against a drink? Please jump in and unmute now.

We will return to our group sharing.

(At 6:43, end the sharing)

That's all the time we have for today. In closing, if you did not get a chance to speak; are at risk of drinking today, please stay after the meeting to speak with someone. Everyone is encouraged to stay after the meeting to get numbers and make connections.

We hope you heard something to take with you. Please leave the names and faces here where they belong in the virtual halls of AA.

Let's end with the 'we' version of the serenity prayer. Everyone is welcome to unmute and join in.

(Meeting ends at 6:45)