

### 3 SPEAKER OPEN MEETING FORMAT - AA

#### Leader

Good evening and welcome to \_\_\_\_\_ group name \_\_\_\_\_.

My name is \_\_\_\_\_, and I'm an alcoholic.

Are there any other alcoholics present?

Welcome, you're in a good place. Please take a moment to silence your phones and to release any saved seats that are near you. \_\_\_\_\_ group name \_\_\_\_\_ is an open meeting of Alcoholics Anonymous. All are welcome to participate.

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 achieve sobriety.

Are there any newcomers in their first 90 days of sobriety? If you would like, please introduce yourself and your day-count. This is not to embarrass you, but just to get to know you better.

*~ Leader goes around and motions to newcomers if any.*

Are there any out-of town visitors? If you would like, please introduce yourself, your home group, and home town.

*~Leader goes around and motions to visitors if any.*

It is a custom of this meeting to read a portion of Chapter Five from the Big Book.

Tonight, \_\_\_\_\_ has been asked to read this.

## How it Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average.

There are those too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest. Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it - then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But, we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol, cunning, baffling, powerful! Without help it is too much for us. But there is one who has all power - that one is God. May you find him now!

Half measures availed us nothing. We stood at the turning point. We asked his protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

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 have 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.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- A. That we were alcoholic and could not manage our own lives.
- B. That probably no human power could have relieved our alcoholism.
- C. That God could and would if he were sought.

**Leader**

Thank you \_\_\_\_\_, We also celebrate different lengths of sobriety at this meeting. Our chip and cupcake person is\_\_\_\_\_.

Chip & Cupcake Person

Hi. I'm \_\_\_\_\_ and I'm an alcoholic. The only requirement for membership is a desire to stop drinking. So is there anyone new or returning to the rooms in his or her first 29 days of sobriety who would like to take a Welcome Chip? If so, please come up, introduce yourself, get a hug and your chip. Any takers tonight?

Has anyone celebrated 30 days in the past week? Since last Friday?

Has anyone celebrated 60 days in the past week?

Has anyone celebrated 90 days in the past week?

Has anyone celebrated 6 months?

Has anyone celebrated 9 months?

We also celebrate birthdays at this meeting. We offer a candle and a cupcake to anyone celebrating. Tonight we have \_\_\_\_ birthdays. Just for times sake, celebrants are reminded to keep their gratitude to about a minute.

if any:

Our first/tonight's birthday is \_\_\_\_\_ celebrating \_\_\_\_\_ years.

( Presenting of Canded Cupcakes & the collective Happy Birthday song)

**Leader**

Thanks. I've been asked to share a little on, "What Sobriety Means to Me.. "

*Leader speaks for up to five minutes*

**Leader**

The format of tonight's meeting will be one 15 minute speaker followed by announcements and our main speaker who will share until eight.

Please welcome our first speaker,\_\_\_\_\_.

*Fifteen Minute Speaker*

**Chair**

Hi, I'm \_\_\_\_\_ and I'm an alcoholic and the co-chair for  
\_\_\_\_\_ group name \_\_\_\_\_. Thank you \_\_\_\_\_ for  
speaking. Let's also thank \_\_\_\_\_ for doing a great job leading tonight's  
meeting.

Would anyone here like to volunteer to do the same and lead our meeting for next week?

Please see our Secretary, \_\_\_\_\_ after the meeting and he/she can  
show you what to do. We will now observe the seventh tradition. A two dollar donation is  
recommended to help meet our expenses. While the baskets are being passed, I have asked  
\_\_\_\_\_ to read the promises from page 83 of the Big Book.

## **The Promises**

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

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. 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.

**Chair**

Thank you. Commitments are an essential part of the program of recovery, and all regular attendees are encouraged to have one. It is the first step in being of service. Thank you to everyone who makes this meeting happen.

If you would like a commitment here, please see me after the meeting. We can always use your help.

In an effort to promote unity and enhance sobriety, a group of us goes out for fellowship after the meeting. Absolutely everyone is welcome to join and all beginners are really encouraged to come. May we have an announcement for today's outing.

May we have a message from our Literature chair?

Another important part of the program is sponsorship. A sponsor is someone that has paved the path for you and we encourage beginners to take advantage of that. If you need a sponsor or have questions about what a sponsor is, please our Sponsorship rep after the meeting and he will see that you are connected with a good one. Can we have a message about our Sponsorship program?

And may we have an announcement from Hospitality and Clean-Up?

Are there any AA or recovery related announcements?

This month, we have an excerpt from:

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And now I am pleased to introduce our main speaker, \_\_\_\_\_.

*Main speaker speaks for twenty minutes*

**Chair**

Thank you, \_\_\_\_\_ for speaking. As a reminder...we will be gathering to head to fellowship! If you would like to join us for fellowship please look for \_\_\_\_\_ and they can lead the way to our destination. All are welcome and everyone is invited. Also, our twelfth tradition states that anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. In the spirit of that tradition, we'd like to remind you that what you hear here and who you see here, please let it stay here. I would also like to thank our readers tonight, \_\_\_\_\_ for reading chapter five, \_\_\_\_\_ for reading the Promises, and in advance, I would like to thank \_\_\_\_\_ for reading a Vision for You and for taking us out with the Serenity Prayer.

## **A Vision for You**

Our book is meant to be suggestive only. We realize that we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you - until then.

~ The group forms a circle...

## The Serenity Prayer

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

Meeting materials are provided by Gay & Sober as a complimentary service to the community. Each AA group is autonomous except in matters affecting other groups or AA as a whole. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. For more information on the Twelve Traditions of AA, please visit [www.aa.org](http://www.aa.org).

For more information on Gay & Sober, please visit [www.gayandsober.org](http://www.gayandsober.org).