

## **7 AM MEETING FORMAT**

### **Pre meeting**

1. Enable waiting room in Participants box for security
2. Add at least one Zoom co-host for screen sharing and or security for each meeting.
3. Assign Readers for How it Works, Twelve Traditions, and Promises.
3. Eliminate gratitude sharing portion on Mondays, Thursdays, and Fridays.

### **Friday's Only**

**1st Friday = Step of the month**

**2nd Friday = Tradition of the month**

**3rd Friday = Language of the Heart**

**4th Friday = [Traditions Checklist](#)**

**5th Friday = Language of the Heart**

**Please Start the Friday meeting with this Statement:**

*When, therefore, we  
speak of God, we mean your own conception of a Higher Power.*

### **Start of Meeting**

Welcome to the 7 AM Pleasant Hill meeting of Alcoholics Anonymous. This is an open meeting. The stories you hear are told in confidence and should not be repeated outside this meeting. My name is \_\_\_\_\_, I am an alcoholic and your secretary.

Let us open the meeting with a moment of silence (5 – 10 seconds), followed by the Serenity Prayer.

To minimize distractions during the meeting, please mute your microphone if you are not speaking and turn off your camera if you engage in activities that may be distracting to others.

The following is the preamble of Alcoholics Anonymous: Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other so 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 AA membership. 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, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.

I have asked \_\_\_\_\_ to read “How It Works”.

I have asked \_\_\_\_\_ to read “The 12 Traditions”.

It is the custom of this group to ask if there are any newcomers. Is there anyone here who is new to AA, in their first 30 days of sobriety or recently out of a treatment program?

Are there any visitors, people new to the area or attending this 7 AM meeting for the first time? Is anyone celebrating an AA birthday this week?

If anyone is interested in receiving a list of member’s phone numbers, men for men and women for women, please post your name and email address in the chat window and a list will be emailed to you.

Sponsorship: Essentially, the process of sponsorship is this: an alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through AA. Sponsor and Sponsee meet as equals. If anyone needs more information about AA or Sponsorship, please stick around after the meeting ends.

Are there any AA announcements?

The 7th Tradition states that AA is self-supporting through our own contributions. Contributions help to cover the groups expenses, including the meeting room, and ensure that our organization at every level remains self-supporting. A link will be posted in the chat window which will allow members to contribute directly to the Pleasant Hill AA Group via Zelle, Paypal, Credit Card, or check.

#### 7th Tradition

To pay with PayPal, Check, Venmo, or Zelle

<https://pleasanthillaa.com/index.php/welcome-to-pleasant-hill-aa/seventh-tradition/>

To mail a check Please make checks payable to  
Alcoholics Anonymous Pleasant Hill Group

Mail TO AA Pleasant Hill Group PO Box 6004 Concord, CA 94524

The Pleasant Hill Group holds a Business Meeting every 3rd Sunday of each month at 4pm. Secretaries are encouraged to attend, and all members are welcome.”

Let’s go around the room and let us know who you and take a minute to say what you are grateful for.

(Except on Mondays, Thursdays and Fridays)

We will now be reading from

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#### **Thursday introduce the speaker**

#### **Thank the speaker.**

Open the floor for comments ask people to please raise their hand in the participants box if they would like to speak.

Before we close the meeting, I have asked \_\_\_\_\_  
To read “The Promises”.

We will now close the meeting in the usual manner. Ask some to close with a prayer of their choice.

WhatsApp join link

<https://chat.whatsapp.com/CEICZq6dssu4q8AUysWjEE>