

## PLEASANT HILL GROUP MEETING FORMAT

- \* Good (morning/evening) everyone. This is the regular meeting of the (day/time) group of Alcoholics Anonymous. My name is \_\_\_\_\_ and I am an alcoholic and your secretary. This is an (open/closed) meeting of AA so please respect member's anonymity. The stories you hear are told in confidence and should not be repeated outside of this meeting.
- \* At this time will you please silence all mobile devices.
- \* Let us open the meeting with a moment of silence to do with as you wish, followed by the Serenity Prayer.
- \* The following is the Preamble of Alcoholics Anonymous;
- \* "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 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 fully self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help others achieve sobriety.
- \* \_\_\_\_\_ will now read "How it Works" from Chapter 5 of the Big Book of Alcoholics Anonymous, which contains our 12 Steps of Recovery.
- \* \_\_\_\_\_ will now read "The Twelve Traditions", which are to the Group what the Steps are to the individual.
- \* It is the custom of this Group to ask any new members to introduce themselves by their first name only. This is not to embarrass you, but so that we may get to know you better.

- \* Is there anyone attending their first AA meeting ever?
- \* Is there anyone in their first 30 days of Sobriety?
- \* We feel that Sponsorship is an important part of the AA Program. If you are willing to sponsor someone please raise your hand. If you are looking for a sponsor, please look around the room and exchange numbers with one of these individuals after the meeting.
- \* Is there anyone visiting from outside the 925-area code or new to this meeting and would like to introduce themselves?
- \* Is there anyone celebrating an AA Birthday this week?

### **LET'S WELCOME ALL OF US!**

- \* Would anyone like a phone list? Men for men, women for women?
- \* Do we have any AA Related announcements?
- \* It is now time to introduce our (reading/chairperson).

*After the reading the meeting is open for discussion and the 9<sup>th</sup> Step Promises are read after discussion.*

*After the chairperson speaks, they pick a topic for discussion. After discussion the 9<sup>th</sup> Step Promises are read.*

- \* Let's thank all who are in service to this meeting (name them) and welcome Newcomers, visitors and congratulate those with birthdays.
- \* As a reminder, everyone is welcomed and encouraged to attend the monthly PH business meeting; held the 3<sup>rd</sup> Thursday of the month.
- \* For those who care to join us, we will now close with the \_\_\_\_\_ Prayer and ask that you exit when we conclude and remember there is no gathering in the parking lot after the meeting.

