

# ALCOHOLICS ANONYMOUS MEETING FORMAT

**Sunday at 17:00 CET (Paris, Belgium etc..)**

**Monday and Tuesday 20:15 CET (Paris, Belgium etc..)**

Before meeting starts, ask for volunteer readers for:

- PREAMBLE
- HOW IT WORKS
- PROMISES

## WELCOME

"Welcome to the 8.15pm Paris Time meeting of alcoholics anonymous. My name is [.....] and I am an alcoholic."

"May I firstly ask if we have any newcomers to AA or visitors to this group? We would like to give you the same warm welcome we received when we first arrived... "

## PREAMBLE (Reading)

"[.....] will now read the AA Preamble. Please remember to mute your microphone unless you are reading or sharing."

"Thanks [.....] for reading."

## INTRODUCTIONS

"We will now introduce ourselves mentioning where we are from and please just jump in to save time."

When introductions seem to have stopped:

"Has anyone not introduced themselves who would like to?"

## HOW IT WORKS (Reading)

"[.....] is now going to read How It Works "

"Thanks [.....] for reading."

## SILENT MEDITATION

"Can I please ask that we have a moment of silence to consider the alcoholic who still suffers both inside and outside of these rooms."

## MEETING DESCRIPTION DEPENDING ON WHICH MEETING

| Sunday                                                                                                                                                                                                                     | Monday                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A Step of the Month meeting<br>One step at a time.<br><br><i>Read chosen reading.</i> After the reading, the meeting will be open for sharing.<br><br>"Who would like to start?... "<br><br>Finish with the Lord's prayer. | Beginners meeting: Topic and Daily Reflection.<br><br><a href="https://www.aa.org/daily-reflections">https://www.aa.org/daily-reflections</a> | As Bill Sees It: Reading and sharing.<br>Link to As Bill Sees It:<br><a href="https://paintedbrain.org/wp-content/uploads/2020/07/As-Bill-Sees-It.pdf">https://paintedbrain.org/wp-content/uploads/2020/07/As-Bill-Sees-It.pdf</a><br><br>"Every week we read a page from As Bill Sees it. Tonight [.....] will read page [..... ..]" |

## SHARING INTRODUCTION AND OPENING

“Please keep your share to around [.....] minutes, our Time-keeper will help remind you when you need to start to wrap up your share. ”

“Please remember feedback and cross-talk are against our principles. If required, the chair will remind you of this policy.”

### **THIS IS AN OPEN MEETING OF ALCOHOLICS ANONYMOUS**

*This means that non alcoholics can be in our meeting too.*

“This is an open meeting of Alcoholics Anonymous. We are glad you are all here — especially newcomers.

“In keeping with our singleness of purpose and our Third Tradition which states that “The only requirement for A.A. membership is a desire to stop drinking,” we ask that all who participate confine their discussion to their problems with alcohol.”

(The 1987 General Service Conference made this statement available as an A.A. service piece for those groups who wish to use it.)

“The meeting is now open for sharing. ”

### **HALFWAY 7TH TRADITION, SPONSORSHIP AND SERVICE ANNOUNCEMENTS**

“Now is the time for our 7th Tradition, each group is autonomous, relying on member's contributions.

Contributions can be made through the BLUE 7th Tradition button at the top of our web page. The link for PayPal is in the chatbox. As a guide, contributions can be 1€, 1\$, 1£ or whatever. This is not mandatory. We appreciate that not everybody has the capacity to donate each meeting. Donations are to help cover room rent costs, website and Zoom meeting costs.

[https://www.paypal.com/donate?token=K1LSYCCaD01PiDE8wkmVdMk2Dtkebd5daQaMP2voSg8Jc\\_hu2IG1devRyQS6-9HJuRtRzHiSJUul8dEq&locale.x=en\\_US](https://www.paypal.com/donate?token=K1LSYCCaD01PiDE8wkmVdMk2Dtkebd5daQaMP2voSg8Jc_hu2IG1devRyQS6-9HJuRtRzHiSJUul8dEq&locale.x=en_US)

The website is here: [www.aaonlineen.fr](http://www.aaonlineen.fr)

“The home page also provides links to Service and Sponsorship pages. You can register to be an online sponsor or contact a potential sponsor here. You can also post your name in the chat box to offer dialogue with a potential sponsee after the meeting. ”

### **SOBRIETY CHIPS**

“Are there any birthdays this week for anyone here and would anyone like to hand out chips?”

Link to the chip generator is <https://aaonlineen.fr/html/CHIPS2.php>

### **LITERATURE**

If you are looking for AA literature – step work aids, meditations, prayers, the Big Book or our pamphlets you will find them in the literature cupboard on the website. A link to this will be posted in the chatbox: <https://aaonlineen.fr/literature.php> You will also find links to long-time AA speakers on this page.

### **OTHER ANNOUNCEMENTS**

“Are there any other A.A. announcements concerning this group?”

### **2nd HALF**

“We will now continue with sharing until the end of the meeting. ”

### **NEARLY OVER... five to ten minutes before the end of the meeting.**

“We are almost out of time, so we would like to offer an opening to anyone who has hesitated to share so far or for anyone who has a Burning Desire (in danger of picking up a drink).”

*Pause see if anyone wants to share CLOSING*

"Thank you everybody for coming and to those who makes this meeting possible. If you would like to talk further, stick around after the meeting. Our next meeting is on *[mention the next meeting from the list below]*"

|                                                   |                                                                                                          |                                                                                                                  |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Sunday</b> for the Step of the Month at 17:00. | <b>Monday</b> for the Beginners Topic and Daily Reflection: That's at 20:15 CET (Paris and Belgium time) | <b>Tuesday</b> for the As Bill Sees It reading and sharing meeting. That's at 20:15 CET (Paris and Belgium time) |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|

All meeting entry links are on the home page of [www.aaonlineen.fr](http://www.aaonlineen.fr) Post the URL in the chatbox.

"Please do remember anonymity, that who you have seen and what you have heard here should stay here. Anonymity is the spiritual foundation of all our affairs ever reminding us to place principles before personalities."

### **THE PROMISES (Reading)**

"The Promises will now be read by [.....] "

*Note: (A Vision For You or 3rd Step Prayer may also be read if there is time.)*

"We have a nice way of closing for those of you who would like to join me in the serenity prayer, using the word God as you choose to understand it."

### **SERENITY PRAYER**

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

**Sunday prayer closing:** The Lord's Prayer.