

**TO DO's to Prepare to chair in person and on line Zoom meeting:**

**Have a printout of "The 12 Steps and 12 Traditions of AA" (see end of this document)**

**Have "Daily Reflection" book open for today's date. NOTE: Red/italicized text not read outloud**



**Go to AA.org (open go to daily readings) or download App.**

**Start logging in at 7:50, it would be best if someone (in-person or zoomer) were to volunteer to chair prior to 8:00 PM, so we can start meeting on time at 8:00 PM. 😊**

**Zoom ID 843 2966 8107; Password 636712**

**Wednesdays 8:00-9:00 PM**

**Welcome to Catacombs III on-line and in person closed discussion meeting  
of Alcoholics Anonymous.**

**My name is \_\_\_\_\_, and I am an alcoholic.**

**Let's start the meeting with a moment of silence, followed by the serenity prayer.**

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

**At this time, we go around & introduce ourselves by first name only. If you are new to AA or new to our meeting please let us know so we can welcome you.**

**This is a 1-hour-long meeting, with no break.**

**I'll read the A.A. PREAMBLE© which states:**

**"Alcoholics Anonymous is a fellowship of people 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 to achieve sobriety."**

**Would someone please volunteer to read the AA Step & AA tradition for this month. (Page 3)**

**THIS IS OUR MEETING FORMAT**

**We have 2 options for our meeting format:**

**OPTION 1: We read today's passage from AA's book "Daily Reflections" and then open the meeting up for discussion.**

**OPTION 2: If anyone with at least 3 months of sobriety would like to share their experience, strength, and hope for 10-15 minutes, you may do so now.**

***IF OPTION 1 is chosen: Looks like we will go with OPTION 1. Would someone volunteer to read today's Daily Reflection, and would online attendees please mute themselves.***

***IF OPTION 2: Thank you (name), and would online attendees please mute themselves***

***After Speaker Shares or Daily Reflection is read, please read the following:***

**Thank You ...(name of speaker/reader).**

**In order to maintain a safe and welcoming meeting, Group Conscience strongly discourages cross-talk, judgements, dispensing advice, and profanity in our discussion. Please keep the focus on yourself and relate your sharing to your alcoholism. There are no experts here. All we have is our experience to share. If you need to share for more than a few minutes, we encourage you to call, text or email someone after the meeting.**

**Are there any AA related announcements, anniversaries, or business items?**

**We have no dues or fees in A.A. We are entirely self-supporting through our own contributions. In light of the 7<sup>th</sup> tradition we are passing a basket for contributions, and those online are welcome to donate to AAworchester.org or AA.org.**

**The meeting is now open for general discussion. Please just raise your hand or unmute yourself to share.**

***By at least 8:45 announce:***

***At this point in the meeting we set aside time for anyone who hasn't spoken yet, who has a desire to share. Also, newcomers, anyone just coming back to the program, or anyone concerned that they may be at risk of drinking or drugging.***

***At 8:58 Announce:***

**Thank you everyone, it is now 8:58 and it is time to close the meeting.**

**Please remember that anonymity is the spiritual foundation of the program, ever reminding us to place principles before personalities. Remember what you heard and not who you saw. What you heard here, stays here, hear, hear. We hope to see you back here next week.**

**For all those who wish, please join us in closing by saying the Lord's prayer...**

***The chair/person with the lap top at meeting will end the Zoom session.***

***In person meeting folks, ... close inside doors/windows, take trash with you, and turn off all lights.***

***Key holder for church is responsible for locking the front door. Please have someone else recheck that the door is locked. Problems with door, or if no key holder present call-text May at 978-502-7865. Bob C. is our other key holder.***

***If Zooming. you will need to end your session by simply pressing "leave" at the bottom of your screen.***

***NOTE: If the zoom session has no "ZOOM HOST" Zoomers can stay on after for some fellowship.***

***Again, to leave Zoom simply press "leave" at the bottom of your screen.***

## **THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS**

- 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 had 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.**
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## **THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS**

- 1. Our common welfare should come first; personal recovery depends upon A.A. unity.**
- 2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**
- 3. The only requirement for A.A. membership is a desire to stop drinking.**
- 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.**
- 5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.**
- 6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.**
- 7. Every A.A. group ought to be fully self-supporting, declining outside contributions.**
- 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**
- 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**
- 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.**
- 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.**
- 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**