

## STEP & TRADITIONS MEETING FORMAT - AA

### Chair

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

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

Please join me in the Serenity Prayer.

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

At this time I would like to ask everyone to silence or turn off all cell phones.

This is an open meeting of Alcoholics Anonymous. Anyone interested in our program is welcome to attend this meeting. Each week we will read and share about the steps of AA in sequence. On the last Sunday of the month we read and discuss the tradition that corresponds with that month. At this meeting old-timers and beginners are welcome to learn more about the steps and traditions.

I have asked \_\_\_\_\_ to read the AA Preamble.

I have asked \_\_\_\_\_ to read How it Works.

*(The 12 Traditions on the last Sunday of the month)*

Thank you. Is there anyone attending this meeting for the first time or visiting from out of town that would like to say hello?

Is there anyone counting days from 1 - 90 that would like to share his or her day count with us?

Are there any anniversaries or milestones this month?

Congratulations everyone. The format of this meeting is as follows:  
we will read the chapter on the step (or tradition) from the Twelve and Twelve.

The speaker will then share his/her experience on the step (or tradition) for 15 - 20 minutes.

We will then take a Secretary's Break, after which we will continue with a show of hands. Ten minutes before the meeting ends, we will call for a burning desire.

We will now begin the reading.

*After the reading*

Sharing his/her experience on step (tradition) \_\_\_\_\_, I introduce \_\_\_\_\_.

*Secretary's Break*

## **Secretary**

Hello, my name is \_\_\_\_\_ and I'm an alcoholic and tonight's Secretary.

Our Seventh Tradition states: "Every AA group ought to be fully self supporting, declining outside contributions." Please give what you can, but remember we want you more than your money.

We have a literature resources available for you, please me after the meeting if I can help you with that.

We ask that you help us clean up after the meeting by picking up around your seats and putting the chairs away. Thank you.

Are there any AA or recovery related announcements?

Sharing on the step or tradition is the focus of this meeting. However during the sharing portion of the meeting, everyone is welcome to share on any sobriety related topic.

If you have been drinking or used any non-prescribed mood or mind-altering substances in the past 24 hours, we ask you to please listen and refrain from sharing. Please don't leave with a resentment. If you need to share, speak to the chairperson, the speaker or myself after the meeting. We are interested in how we can help you with your problem.

Our twelfth tradition states that "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." What that means is: Who you see here, and what you hear here - please leave here.

And with that, we will go to a show of hands. At ten minutes before the meeting ends, we will pause for a burning desire shares.

## Chair

### *Burning Desire Time:*

Now is the time we call for a burning desire. A burning desire is reserved for someone who has not shared and feels if they do not get the chance to share, they may drink, hurt themselves, or hurt someone else.

Please only take the burning desire if you generally feel the need to do so.

That's all the time we have for today. I've asked \_\_\_\_\_ to read the Promises.

Close with the Serenity Prayer.

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).

**READING: Preamble**

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.

## **READING: 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 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.

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.

## **READING: The promises**

1. If we are painstaking about this phase of our development, we will be amazed before we are half way through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and 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.

## **READING: The Twelve Traditions**

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.