

## Pre meeting

1. Assign preamble reader
2. Assign How it works reader
3. Assign 12 Traditions reader
4. Assign Promises reader
5. Enable cohost for newcomer liaison, screen share, and security person
6. Enable waiting room.

Good evening everybody, my name is\_\_\_\_and I'm an alcoholic. Welcome to tonight's open meeting of the Sea Point Sunset Group of AA. We meet on Tuesdays, Wednesdays and Fridays in different formats. The last Tuesday of each month is reserved for our business meeting which takes place immediately after the normal meeting. All participants are encouraged to join as we do discuss service positions and the general wellbeing of this group.

Prior to opening the meeting, we remind you that this is a meeting of Alcoholics Anonymous, and in support of AA's singleness of purpose, this meeting is intended for people who have a desire to stop drinking and live a sober life.

If you have had a drink today, we ask that you only listen, as we feel it is the alcohol talking and not you.

Please join in heart, mind and spirit as I open with the Serenity Prayer: Can we please have a moment of silence for those still suffering inside and outside this meeting

All members need to feel safe here. If for any reason you do not, or receive unwanted communication from another participant, please report this to me or another member doing service here and we will try our best to resolve it.

Will\_\_\_\_please read The Preamble for us?

Are there any AA related announcements?

Are there any newcomers, visitors or celebrants today? Please raise your virtual hand or wave to the camera to share your milestone, day count or any amount of

time significant to you. Anyone new to sobriety and A.A. is encouraged to introduce themselves so we can lovingly welcome you! **Allow introductions from raised hands. After raised hands go around the room asking for introductions from all. (optional) Keep it short you can start with yourself as an example.**

To assist new members, we have Newcomer Liaisons. Our Newcomer Liaison is - \_\_\_\_\_ who will now tell you more. **Newcomer Liaison talks.**

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.

The Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions." Contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. If you can give, please see our bank details in the chat section.

### **Paste in Chat**

7th Tradition

AA Seapoint Sunset

Bank ABSA

Acc nr 9384029527

Branch Code 632005

Will \_\_\_\_ please read How It Works for us

Will \_\_\_\_ please read the 12 Traditions for us

Tonight we will discuss

**1<sup>st</sup> Tuesday the Step**

**2<sup>nd</sup> Tuesday the Tradition**

### **3<sup>rd</sup> Tuesday Spiritual Principles/Daily Reflections**

**4<sup>th</sup> Tuesday Service/As Bill sees it.**

**5<sup>th</sup> Tuesday Chairperson choice of topic**

**The Chairperson can read his choice of AA approved literature corresponding to that week's topic. Say something related to your reading/readings then turn it over to the floor.**

Thank you all for attending our meeting this evening. If you need or want to speak , simply raise your virtual hand and I will call on you. If there are no raised hands I will call on people to share. If you do not wish to speak yet or speak at all simply say your name and pass. You can always raise your hand later if you change your mind.

It is our tradition to keep going until everyone has spoken -so the meeting may exceed 1 hour. For the duration of the meeting, please keep yourself muted until called on to speak. Please try to keep your shares to 3 to 5 minutes

Anything said in this meeting tonight is the opinion of the speaker and not the official views of AA. These can be found in the Big Book and other conference approved literature.

**After everyone that wanted to speak is finished Say:**

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities”. What you have heard here, whom you have seen here, when you leave here, let it stay here.

Will \_\_\_ please read The 10th Step Promises for us?

Thank you everyone for attending and sharing this evening, and those doing service for the group. Please stick around for the meeting after the meeting you are all welcome.

We now will close this meeting with the Serenity Prayer, for those who care to join me ... God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.