

Mountain Awakening Group Meeting Format

Tuesdays and Thursdays – 6AM to 7AM

Prior to the meeting, the chairperson should distribute the yellow and blue reading sheets. (or make them available on the coffee tables). Ask group members to participate and read a section of their choosing during the meeting.

Good Morning and welcome to the regular scheduled meeting of the “Mountain Awakening Group” of Alcoholics Anonymous. My name is _____ and I am an alcoholic.

Let’s open the meeting with a moment of silence for the still-suffering alcoholic, both in and out of these rooms, followed by 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.”

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. 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.

This is an open meeting of Alcoholics Anonymous. Everyone is welcome. After some housekeeping and announcements, we will begin the meeting with several readings from our AA literature and a 5 minute period of meditation.

While we do not have any dues or fees...we do have expenses. (Pass the Basket)

We are passing the basket in accordance with our 7th Tradition which states "Every A.A. group ought to be fully self-supporting, declining outside contributions." Money collected pays for rent, coffee, supplies, and supports the AA service structure.

Is there anyone here for your first A.A. meeting or in your first 30 days of sobriety? If so, please introduce yourself by your first name only.

Are there any visitors from outside the area? Is anyone celebrating an AA birthday of 30 days? 60 days? 90 days? 6 months? 9 months? 1 year? Multiples of years?

Do we have any A.A. announcements? Any fellowship related announcements?

Begin the Spiritual Readings (Yellow Sheet). Encourage group participation. *Set a timer for the 5 minute period of Meditation.* After the meditation, finish the readings on the yellow sheet.

Ask someone to read from the Daily Reflections for a Topic.

The meeting is now open for discussions. Please be mindful of the group size when you share.....In keeping with our singleness of purpose and our Third Tradition which states "The only requirement for A.A. membership is a desire to stop drinking," we ask all who participate to keep their share in the context of this tradition.

Does anyone have a topic, problem, or solution pertaining to recovery that they would like to discuss?

At 6:55, begin ending the meeting:

Thank everyone for their participation and then read or have read "More about Alcoholism" and "The Promises" (Blue Sheet)

Close the meeting with The Lord's Prayer