

AA Meeting Format

Good morning/afternoon/evening. My name is _____ and I am an alcoholic and your chairperson for this meeting. Welcome to the _____ meeting. This is a closed meeting of Alcoholics Anonymous. Let us open the meeting with a moment of silence 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.

Can we please have the reading of the AA PREAMBLE?

Can someone please read How It Works or short version of the Twelve Steps or More about Alcoholism?

Can we have someone read the Twelve Traditions?

Can some please read the Twelve Promises?

After the readings, ask if there is anyone here tonight, or at this meeting, attending his/her first A.A. meeting, if so please feel free to introduce yourself using your first name only.

Let's go around and introduce ourselves.

Open the meeting for discussion – Topic, open, reading, etc.

Five minutes before the meeting ends, ask if anyone has a burning desire to speak.

Have someone do the meeting closing:

In closing, let us all be reminded of our 12th Tradition which states: "Anonymity is the Spiritual Foundation of all our traditions, ever reminding us to place principals before personalities." I have a right to say I'm an alcoholic and that I attended this meeting. BUT I do not have the right to say you are an alcoholic, or that I saw you here. Who you've seen and heard here is a trust, leave it here. The doors of AA are always open – those who enter are free to leave. Those who leave are free to re-enter. But those who stay, STAY SOBER.

Close with the prayer of your choice – Lord's Prayer, 7th Step prayer, Responsibility Statement, 3rd Step Prayer, Declaration of Unity