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Meeting Format

1. Good Morning!! This is a closed meeting of the “Design for Living” group of Alcoholics Anonymous. My name is _____ and I am an alcoholic and your chair for this meeting. This meeting *will end* at 11:00. If you would like to share, please “raise hand” from the menu option and we will take turns sharing for those who would like to.
2. Let us open the meeting with a moment of silence for the still suffering alcoholics followed by the Serenity Prayer.
3. Read the AA Preamble.
4. Will someone please read “How it Works”
5. Will someone please read “The Twelve Traditions”
6. Will someone please read the “Daily Reflection” for today
7. Will someone please read the “Twenty-Four Hours a Day” for today
8. Is there anyone here for their first ever AA meeting? Anyone joining us from out of town?

Note To Chair: If there is someone for their first meeting; This is now a First Step meeting. Read the First Step & ask everyone to go around sharing their experience, strength & hope with the first step.

9. Are there any anniversaries?
10. Are there any announcements?
11. Does anyone have a topic they would like to discuss? If there are no suggestions, use Daily Reflections or 24 Hours a Day reading.

Note: Prince of Peace meetings can still hold to their day-by-day formats as desired - even the stick meeting!

12. Stop sharing by 10:55
13. Close the meeting with a member reading the Promises
14. Leader should state, “Let us close the meeting with the Lord’s Prayer”.

Anonymity

“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.**

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 it out.
12. Having had a spiritual awakening as a result of these step, 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 made 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.

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.**

A.A. 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. 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.

The A.A. Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and selfpity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. 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.

Responsibility Statement

I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that: I am responsible.

Serenity Prayer

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.