

SAMPLE A.A. MEETING FORMAT SPEAKER / DISCUSSION

This document does not dictate how any A.A. meeting should be conducted. All meetings are autonomous. Feel free to adjust the script according to your group conscience.

Welcome! This is a closed *[or an open]* meeting of the _____ group of Alcoholics Anonymous. My name is _____ and I am an alcoholic and your Secretary. 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.

Alcoholics Anonymous is a fellowship of people 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.

I have asked _____ to read a portion of Chapter 5 “How It Works” from the book *Alcoholics Anonymous*. *[Reader.]*

A newcomer in A.A. is anyone who has a desire to stop drinking and is within their first 30 days of sobriety. Are there any newcomers with us today? Please raise your hand and introduce yourself by your first name. We ask this not to embarrass you but to get to know you better. [...] *[Note the names to acknowledge them at the close of the meeting.]*

Welcome, we're glad you're here.

Is anyone visiting from out of town or attending this meeting for the first time? [...] Welcome.

(OVER)

Did anyone recently celebrate an A.A. anniversary? [...] Congratulations to our birthdays and to everyone celebrating another 24 hours of sobriety.

I would now like to introduce our speaker, _____, who will share their experience, strength and hope with us for _____ minutes. *[Speaker.]*

It is now time to observe the 7th Tradition, which states that “every A.A. group ought to be fully self-supporting, declining outside contributions.” While the basket is passed, I have asked _____ to read the Twelve Traditions. *[Reader.]*

We will now open the meeting for sharing. *[Ask the speaker for a discussion topic.]* Please be mindful of the time and keep your shares to ___ minutes. *[If customary to your group, introduce the time-keeper or ask for a volunteer time-keeper.]*

[15 minutes before the meeting ends:] This is the time we set aside for newcomers or those with a “burning desire.” A burning desire means that you think you might drink today. Please raise your hand to share. [...]

That’s all the time we have for sharing. If you didn’t get a chance to share, please ask to speak to someone after the meeting. Let’s once again welcome our newcomers _____, our visitors and first-timers _____. Let’s also congratulate our birthdays _____. And finally, let’s once again thank our speaker, _____.

Are there any announcements from our group’s trusted servants? [...] This group holds our Business Meeting on _____. Please join us if you would like to make this your home group or take a service commitment. Are there any A.A.-related announcements from the floor? [...]

Thank you for joining us, we hope to see you again, and remember: what you hear here, who you see here, when you leave here, let it stay here.

In closing, I have asked _____ to read _____ and then our speaker will lead us out with a prayer of their choice *[or the Serenity Prayer]*. *[Reader and Prayer.]*