

ONLINE MEETING PREAMBLE

Hi, welcome to the "New Freedom Online Group" of Alcoholics Anonymous. My name is _____ and I'm an alcoholic.... I am taking my turn to chair today's meeting.

I will firstly begin by explaining some basic online meeting rules:

- On the bottom left corner of your screen, there is a mute button. Kindly ensure that there is a red line across the icon and that it shows as unmute. This means that your device is muted ensuring that any background noise on your end does not disturb the meeting. As chairman, I will automatically mute each member, however, technical issues are experienced from time to time, hence why this instruction is given.
- When the opportunity arises, and should you wish to share, kindly click on the icon written "Participants" and then click on "Raise Hand". I will then unmute your device so that you may speak.
- I will unmute all participants at the end of the meeting so that everyone may say the serenity prayer in unison
- If this is too much to remember, don't worry, I will paste this on screen for you to read and follow. Kindly click on the "Chat Icon" at the bottom of your screen to read these instructions

Is there anyone attending an AA meeting for the first time that thinks they may have a problem with alcohol like I do? Please digitally raise your hand and introduce yourself by your first name only so that we may welcome you

I will now read the Preamble of AA:

"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 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 public controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety."

Ask secretary to give announcements.

Readings:

Ask someone to read:

- **The first section of Chapter 5 “How It Works.” from the AA Big Book, p 58.**
- **The Twelve Traditions on pg 562.**
- **The 12 Promises on pg 83,84**

This is an open meeting of Alcoholics anonymous and all are welcome. We are glad you are all here, especially newcomers. In keeping with our singleness of purpose and our third tradition which states that the only requirement for AA membership is a desire to stop drinking, we ask that all who participate confine their discussions to their problem with alcohol.

In conducting the meeting, I wish to remind you that whatever is said either by me or any other speaker expresses our own individual opinion. We do not speak for AA as a whole and you are free to agree or disagree as you see fit. In fact, it is recommended that you pay no attention to anything that cannot be reconciled with what is in the AA Big Book

IT IS NOW TIME FOR OUR SPEAKER

Our speaker will share for approximately 10 minutes. I will notify the speaker when 2 minutes is left for them to complete their share.

After our speaker shares, the chairman will briefly comment, thereafter allowing members to share for no longer than 3 minutes. As prescribed in the beginning, kindly click on the icon written “Participants” and then click on “Raise Hand”. I will then unmute your device so that you may speak. Kindly raise hands in advance, and I will notify you via the chat screen on whose next in line. I will also call your name out and unmute you.

Speaker Begins

Chairperson comments

Open to the Floor

We in alcoholics anonymous try to carry the message to the alcoholic who suffers remembering that: “...When anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that, I am responsible.”

Can we please now end with the serenity prayer.