

Meeting Format

(Note to the leader: highlighted items in italics are for your use, you don't need to read them aloud. If leading this meeting is new for you, please read through the italicized instructions now, so you won't feel surprised.)

Welcome to the Freethinkers Living Sober Too meeting, a freethinkers meeting of Alcoholics Anonymous. My name is _____ and I am an alcoholic. This is an open meeting of AA, meaning that anyone is welcome to attend. It should last about an hour.

We would like to start with a moment of silence, to be used as you like, for the still sick and suffering alcoholic in and out of the rooms *[please allow 30-60 seconds as you may prefer]*.

This weekly meeting of Alcoholics Anonymous attempts to maintain a tradition of free expression and conduct a meeting where alcoholics may feel free to express any doubts or disbeliefs they may have, and to share their own personal form of spiritual experience, their search for it, or their rejection of it. We do not endorse or oppose any form of religion or atheism. Our only wish is to assure suffering alcoholics that they can find sobriety in A.A. without having to accept anyone else's belief or having to deny their own.

We would like to welcome those who are new to A.A., those who are at this meeting for the first time, and those visiting from out of town. Welcome to all.

I have asked _____ to read the official definition of What is AA.

[ask for Secretary's announcements & 7th Tradition]

At Freethinkers Living Sober, we would like to give everyone a chance to share for a few minutes (perhaps 3-5, depending on the size of the meeting); anyone can pass if they choose. We use a timer here: when the timer goes off, please try to wrap up your comments so everyone can have time to share. Please remember that after everyone has shared, if time permits, anyone who has something to add is welcome to do so. **We ask that there not be any “double dipping” until everyone has had the opportunity to share.**

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[Leader: identify as an alcoholic for 3 to 5 minutes.

Regarding a topic, it's leaders' choice: 1. if you want a reading for the topic, you can ask someone to read or read it yourself, or 2. ask for a topic, or 3. choose one yourself.

Also leader's choice: ask for show of hands for sharing, go around the room, or let it be "as the spirit leads." For "as spirit leads," if no one has spoken after a brief silence, feel free to call on anyone who hasn't shared and ask if they would like to do so. Only open it up for "double dipping" after everyone who hasn't shared declines.]

[At the close of the hour, or after everyone has shared if you go over]:

We often follow up the meeting with coffee and fellowship together at a local restaurant , a "meeting after the meeting," so feel free to ask anyone where we might be meeting and join in.

We will close the meeting today with the "Responsibility Pledge":

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.

Format last updated 5/26/2015 per Business meeting 5/2015