

## Meeting Format

*[Note to the leader: 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 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, though we sometimes go over.

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 like]*.

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.

### *[Call for:]* **Secretary's announcements & 7<sup>th</sup> Tradition**

*[Last Friday of the month is a 20 minute speaker. Secretary leads the meeting and introduces the speaker. After the speaker, secretary will ask for a show of hands for sharing, or go around the room. Otherwise: ]*

At Freethinkers Living Sober, we would like to give everyone a chance to share for a few minutes, perhaps 3-4, depending on the size of the meeting; the bell ringing means the time has passed, so begin to “wrap up.” Anyone can pass if they like. After everyone has shared, if time permits, anyone who has something to add is welcome to do so. Please, no “double dipping” until everyone has shared.

*[over]*

*[Leader identifies as an alcoholic - shares for 3 to 5 minutes and then **the topic is leaders' choice**: 1. if you want a reading for the topic, ask someone to read (or read it yourself), or 2. ask for a topic, or 3. choose one yourself.]*

*Also your choice: ask for show of hands for sharing, or go around the room. We do not use "as spirit leads" for the Friday meeting. Once everyone who wanted to share, please ask any who passed if they would like to share now. No "double dipping" until after you've asked those who've passed.]*

*[for close of the meeting]:*

**We would like to invite you to join us for coffee and fellowship after the meeting.**

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.**