

ON TRACK AGAIN *AA Meeting Format*

If the chairperson doesn't want to pick a topic, please give the "literature bag" to someone and ask them to choose a topic if one is needed.

Good evening and welcome to the On Track meeting of Alcoholics Anonymous. My name is _____ and I am an alcoholic. Before we begin would everyone please silence their cell phones? Thank you.

After a moment of silent meditation to reflect on our reasons for being here, would you please join me in the Serenity Prayer:

*God grant me the serenity
To accept the things I cannot change,
Courage to change the things can, and
Wisdom to know the difference.*

WHAT IT IS (The AA Preamble)

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 AA membership; we are self-supporting through our own contributions. AA 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 to help other alcoholics to achieve sobriety.

I have asked _____ to read How It Works.

I have asked _____ to read The Twelve Traditions

I have asked _____ to read the Promises from pages 83 & 84 of the Big Book.

Is there anyone here tonight for their first, second or third meeting of Alcoholics Anonymous? If so, would you please introduce yourself by your first name only? This is not meant to embarrass you, but so we may get to know you.

Are there any visitors from outside the Pierce County area or anyone who would like to acknowledge their home group?

If you would like to volunteer to chair an upcoming meeting or volunteer to be coffeemaker, please sign up on the calendar.

If no one has yet volunteered to bring a cake for the next birthday meeting, ask if someone would like to volunteer (and record it on the calendar).

Our group business meeting is held on the last Wednesday of the month, immediately following the regular meeting. All are welcome to attend.

Are there any other AA related announcements?

While we pass the basket in observance of the 7th Tradition, let's go around the room and introduce ourselves.

***** **BIRTHDAYS** *****

If this is NOT THE LAST WEDNESDAY of the Month:

Is there anyone here celebrating an AA birthday tonight or during the past week?

----- **OR** -----

If this IS THE LAST WEDNESDAY of the Month:

Is there anyone here celebrating an AA birthday in the month of _____?

If there are any birthdays, this is when the chips and cards are handed out. Give the birthday people an opportunity to tell "how they did it."

Does anyone have an alcohol related topic or step they would like to discuss?

If no one suggests a topic, then either the chairperson should choose a topic OR call on the person who was given the literature bag:

I have asked _____ to pick a topic from the AA literature bag.

At closing time – or if everyone has shared:

Before we close the meeting, does anyone have anything else they would like to share?

At the end of the discussion:

Will all who care to please join me in the 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.