

# ON TRACK AGAIN AA *Meeting Format*

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, please sign up 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?

Are there any AA birthdays tonight or in the past week?

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

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

*If someone suggests a topic, ask if they would like to begin the discussion. If not, the chairperson should begin.*

*If no one has suggested a topic:*

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 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.***