

Elbe Train Spiritual Breakfast Format

{Before the meeting starts, be sure to let the server know that the AA Group supplied the coffee, so don't charge anyone for it.}

Good morning everyone and welcome to the Elbe Train Spritual Breakfast meeting of Alcoholics Anonymous. My name is _____ and I am an alcoholic.

After a moment's 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 I can and Wisdom to know the difference.

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

I've asked _____ to read How It Works.

I've asked _____ to read The Twelve Traditions.

I've asked _____ to read The Promises.

Is there anyone here this morning for their first, second or third meeting of Alcoholics Anonymous? If so, would you please introduce yourself by your first name only?

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

Are there any A.A. related announcements?

Now I'm going to pass the basket – for the employees serving us this morning.

{Introduce the Spiritual Breakfast speaker.}

{Close the meeting with the Lord's Prayer.}