

**<Meeting Name> Meeting**

Of

**Alcoholics Anonymous**

Good evening and welcome everyone to the **<Meeting Name>**, my name is **<Name>** and I am an alcoholic.

This is a closed online meeting of alcoholics anonymous; we welcome anyone who has a desire to stop drinking. As an online meeting, we ask that all participants remember the need for anonymity. In order to keep our meeting safe for all, please ensure that your screen is not visible to anyone and if you are unable to be out of earshot of non-AA's please use headphones to protect our privacy.

## A.A. PREAMBLE©

Alcoholics Anonymous is a fellowship of men and women 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.

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## The Promises

The AA Promises 1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through. 2. We are going to know a new freedom and a new happiness. 3. We will not regret the past nor wish to shut the door on it. 4. We will comprehend the word serenity and we will know peace. 5. No matter how far down the scale we have gone, we will see how our experience can benefit others. 6. That feeling of uselessness and self-pity will disappear. 7. We will lose interest in selfish things and gain interest in our fellows. 8. Self-seeking will slip away. 9. Our whole attitude and outlook upon life will change. 10. Fear of people and of economic insecurity will leave us. 11. We will intuitively know how to handle situations which used to baffle us. 12. We will suddenly realize that God is doing for us what we could not do for ourselves Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them. Alcoholics Anonymous p83-84

**WHO** YOU SEE HERE  
**WHAT** YOU HEAR HERE  
**WHEN** YOU LEAVE HERE



**LET IT STAY HERE**