

7:00 AM ZOOMERS OPEN MEETING FORMAT

(Prior to meeting ask for readers How it works pg58 or More about Alcoholism pg30, the 12 Traditions pg562, Daily Reflections, and the Promises pg83 or A Vision for You pg164)

Welcome to the 7:00 a.m. Zoomers meeting of Alcoholics Anonymous. My name is _____ and I am an alcoholic. The group asks that you mute your mic unless you are speaking. Please join me in a moment of silent meditation followed by the serenity prayer.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

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 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 help other alcoholics to achieve sobriety.

This is an **Open Meeting** of the Alcoholics Anonymous. Welcome to all, especially the newcomer. In keeping with our singleness of purpose and the third tradition, which states: **The only requirement for membership is a desire to stop drinking.** We ask all who share to please confine their discussion to the disease alcoholism.

- I have asked _____ to read a portion of chapter five **How It Works** (pg58) or chapter 3 **More About Alcoholism** (pg30)
- I have asked _____ to read the **12 Traditions**. (pg 562)
- Is there anyone in their first 30 days of sobriety that would like to give us their first name so we may become better acquainted with you?
- Are there any out-of-town visitors?
- Is there anyone celebrating an AA birthday today? (if so, please ask them to share how they did it.)

- I have asked another friend to now read from **The Daily Reflections**

We ask that you please limit your sharing from 2 to 3 minutes. At the end of 3 minutes you may be asked politely to pass. Please avoid crosstalk and personal or side conversations. Do not direct your share to any individual beyond acknowledging an A.A. birthday or other milestone. Does anyone have a topic, problem or solution that relates to alcoholism they would like to suggest? (if not the chair person chooses the topic)

Half-Time about 7:30

My name is _____ and I am an alcoholic.

- In honor of the Seventh Tradition which states, Every A.A. group ought to be fully self-supporting through our own contributions, Please use our Venmo account, 7am Zoomers @Sevenamzoomers business account. You can also contribute though PayPal at TVICO.net or AABoise.com, or send a check through snail mail, or deliver cash or check in person to the Treasure Valley Central Office located at 1111 S. Orchard, suite 180, Boise ID. 83705.
- Does anyone have an AA related announcement?
- Does anyone have a non-AA announcement?
- Does anyone want a phone list? (ask members to use the chat button to give their phone numbers)
- I have asked _____ to read the **Promises** (pg83) or a **Vision For You** (pg164)

Close About 7:55

We are about to close; does anyone have a short burning desire? Thank you. Joining a Home Group and getting a sponsor are very important in continued sobriety. If you're looking for a sponsor, ask someone.

Let's please remember to practice the principles of anonymity in all our affairs. **What you see here, what you hear here, when you leave here, let it stay here.** Let's close with the prayer of our choice