

This is the General script for the Host. It contains all HOST-related material for a meeting. The Co-Host script is intended to be used by the Co-Host for all Copy and Pasting material into the chat, during a meeting. If the Co-Host is doing that, this is all you will need to facilitate the meeting. If there is no Co-Host, the Co-Host script will be necessary as well. It is suggested that there be a Host and a Co-Host and regular communication, and expectations are discussed between them.

#### REMINDERS:

AT 10PM ENSURE THE FOLLOWING CONFIGURATIONS

- Mute All participants.
- "Mute Participants upon Entry" is checked.
- "Allow Participants to Unmute Themselves" is unchecked.
- "Host and co-hosts" should be selected in "Participant Can Chat with:"

## MEETING SCRIPT

Welcome to the very open Love and Tolerance meeting of Alcoholics Anonymous. My name is \_\_\_\_\_ and I am an Alcoholic. I'll be your chairperson this evening.

Please help me open the meeting with 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.*

We will be placing everyone on mute for the duration of the meeting. If you want to share please use the raise your hand feature and I will unmute you. The instructions on how to share will be posted in the chat. Those needing proof of attendance, the information will be shared toward the end of the meeting.

## 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 help other alcoholics to achieve sobriety.

I have asked \_\_\_\_\_ [a friend] to read "How it Works" from page 58 of the Big Book.

I have asked \_\_\_\_\_ [another friend] to read Step 10 and part of its promises, from page 84 of the Big Book.

Are there any AA-related announcements?

Is there anyone here counting days, weeks, or months?

Are there any anniversaries?

There are no dues or fees, but we do have expenses. In keeping with the 7th tradition, “Every A.A. group ought to be fully self-supporting, declining outside contributions”, methods to contribute will be posted in the chat. The Account Name and associated QR codes are provided.

Please contact a host or co-host after the meeting if you have questions on how to donate.

**Venmo:** @loveandtolerance



**Figure 1:** venmo qr code

**Cash App:** \$loveandtol



**Figure 2:** Cash app qr code

**Zelle:** treasurer@loveandtol.com

<https://loveandtol.com/contribute>

*[ Read this section for discussion meetings]*

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Tonight, is a discussion meeting, on a topic from AA approved literature.

I have asked \_\_\_\_\_ to choose a reading.

[Chair introduces another attendee who was invited to choose a reading from AA approved literature and then the reader shares their experience, strength, and hope]

*[Read this section for speaker meetings (friday night) ONLY]*

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Tonight's meeting is a speaker discussion. Our speaker will share their experience, strength, and hope for about 25 minutes and then the floor will be open for sharing. After, we will open for sharing. Please limit your comments to 3 mins and share only once so that everyone may have a chance to share. We will be setting a timer and will remind you there is "one minute" left. Please don't take it personally.

Once speaker is finished after 25 minutes

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We are open for discussion. Please limit your comments to 3 minutes and share only once so that everyone may have a chance to share. We will be setting a timer and will remind you when there is "one minute" left, after that I'll ask you to wrap it up. Please don't take this personally.

Directions to raise a virtual hand are posted in the chat, you can also message me or a co-host, or wave on video. Please let's have a safe and clean meeting!

DURING ANY PAUSES IN THE MEETING:

Remind people they can share about anything on their mind, or just introduce themselves if they're new to our group. Moments of silence do not reflect badly on the topic or the chairperson, see it as time to process.

AT 10:45 pm YOU CAN ENABLE THE CHAT FEATURE AGAIN TO EVERYONE PUBLICLY AND PRIVATELY.

### **THE CHAT IS NOW OPEN**

Please keep it clean, respectful, and safe. When someone reaches out know that you DO NOT have to give your number if you feel uncomfortable. Our PRIMARY purpose is to stay sober and help other alcoholics achieve sobriety. If you feel that someone is being inappropriate please reach out to the Host or a Co-Host.

AT 10:55/11 pm prepare to close the meeting

We are out of time. Please join us for fellowship after the meeting and come back tomorrow. Just a reminder that we meet 7 nights a week at 10 pm Eastern, at the same time, same meeting access code.

*[Read this section for speaker meetings (friday night) ONLY]*

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I would like to thank \_\_\_\_\_ for sharing their experience, strength, and hope with us tonight.

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Here at Love and Tolerance, we believe sponsorship is important for our recovery. A sponsor is someone to help you through the 12 Steps of Alcoholics Anonymous. IF YOU ARE ACTIVELY WORKING THE 12 STEPS AND are available to sponsor, please put your contact info in the chat now. If you need a sponsor or have any questions, please reach out to one of these people.

If you are interested in becoming a homegroup member, would like to Host or Co-Host for the next rotation or need a Big Book or other AA approved literature please send an email to [info@loveandtol.com](mailto:info@loveandtol.com).

If you would like to be included in the Love & Tolerance contact list or would like to receive a contact list, please send an email to [info@loveandtol.com](mailto:info@loveandtol.com).

If you need proof of meeting attendance, please email [info@loveandtol.com](mailto:info@loveandtol.com).

Find all this information and more at our website, [loveandtol.com](http://loveandtol.com)

If you are in a place where you can't have a phone, please make note of our meeting code so you can sign on when you get home, and we can help each other stay sober.

Love and Tolerance Meeting Code 190-210-132

### **DECLARATION PLEDGE:**

When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

Just a reminder, Anonymity is the spiritual foundation of our program. If we are to recover, we must feel free to say what is in our minds and hearts. Therefore, who you see here, what you hear here, when you leave here, let it stay here.

Please stay after the meeting for more fellowship.

Please help me close the meeting with the "We" version of the serenity prayer.

*God grant us the serenity to accept the things we cannot change; courage to change the things we can; and wisdom to know the difference.*

### **AA Approved Literature**

<https://loveandtol.com/meeting/literature>

### **Other formats**

- PDF - [https://github.com/loveandtol/loveandtol\\_pages/raw/main/host.pdf](https://github.com/loveandtol/loveandtol_pages/raw/main/host.pdf)
- Word doc - [https://github.com/loveandtol/loveandtol\\_pages/raw/main/host.docx](https://github.com/loveandtol/loveandtol_pages/raw/main/host.docx)
- Plain text - [https://github.com/loveandtol/loveandtol\\_pages/raw/main/host.txt](https://github.com/loveandtol/loveandtol_pages/raw/main/host.txt)
- Kindle - [https://github.com/loveandtol/loveandtol\\_pages/raw/main/host.epub](https://github.com/loveandtol/loveandtol_pages/raw/main/host.epub)