**Thursday Living Sober**

**Everything in black is to be read out loud; everything in red is only directions for the chairperson.**

**\*Copy and paste:** [aa-intergroup.org](http://aa-intergroup.org)

**9:30 pm Korea/Japan Time**

Welcome everyone to our Thursday **Living Sober** meeting of Alcoholics Anonymous, and thank you for being at the meeting tonight. This group holds meetings 7 days a week which are posted on the Online Intergroup of Alcoholics Anonymous schedule, found at the link posted in the textbox.

I’m an alcoholic and my name is \_\_\_\_\_\_\_\_\_ . I am your chairperson for this meeting, and \_\_\_\_\_\_\_\_\_ is your tech host. Say hello to the \_\_\_\_\_\_\_ (wait for hellos). If you get disconnected, call the red and yellow aaonlinemeeting BIG BOOK icon from your contact list. (The tech host) \_\_\_\_\_\_\_ will rejoin you to the conference call.

Please open your mikes and join me in the **Serenity Prayer.**

**Chair reads the 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, organisation, 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.

**\*\*Only on the last Thursday of the month:** Today is the last Thursday of this month and we need to fill the service positions of Chair and Tech Host for next month; if you’re new to it, someone will help you to learn the ropes; it isn’t hard to do, everyone will benefit from your willingness to help out, and, we all find that doing service helps us in our own sobriety as well.

May we have a volunteer to chair this meeting for the Thursdays in \_\_\_\_\_\_\_\_\_\_?  
Hosting requires some preparation, but is not complicated and our current hosts are very happy to help out anyone who is new to it. May we have a volunteer to host this meeting during the month of \_\_\_\_\_\_\_\_\_\_?

**\*Thank the volunteers and make sure they’re connected to someone for help, if they are new.**

Is there anyone new to Skype or AA that would like to say hello so we can welcome you? This is so we can get to know you better.

Is there anyone in attendance who needs meeting attendance verification at meeting’s end? (if so, ask them to put their name and email in the text box; use the template at the end of this format to send the verification to that email at the end of the meeting)

**\*\*Omit this on the last Thursday:** This meeting has 2 service positions, Chair and Tech Host,

which are rotated each month. We find that doing service helps our sobriety, and those whovolunteer for service are helping to keep this meeting open, as it cannot open without a Tech Host and a Chairperson. Training help is provided for those who are new to it, so even if you’ve never done so, please consider volunteering for the four Thursdays of some upcoming month, so the meeting can be here for all alcoholics seeking help. On the last Thursday of the month will take a moment to ask for volunteers for the upcoming month. Thank you!

**\*Copy and paste Acceptance Was the Answer and ask for a volunteer to read -**

**Acceptance Was the Answer** pg. 416-420, Alcoholics Anonymous

It helped me a great deal to become convinced that alcoholism was a disease, not a moral issue: that I had been drinking as a result of a compulsion, even though I had not been aware of the compulsion at the time; and that sobriety was not a matter of willpower. The people of A.A. had something that looked much better than what I had, but I was afraid to let go of what I had in order to try something new; there was a certain sense of security in the familiar.

At last, acceptance proved to be the key to my drinking problem. After I had been around A.A. for seven months, tapering off alcohol and pills, not finding the program working very well, I was finally able to say, “Okay, God. It IS true that I - of all people, strange as it may seem, and even though I didn’t give my permission - really, really am an alcoholic of sorts. And it’s all right with me. Now, what am I going to do about it?” When I stopped living in the problem and began living in the answer, the problem went away. From that moment on, I have not had a single compulsion to drink.

And acceptance is the answer to ALL my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

A.A. and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God’s handiwork. I am saying that I know better than God.

Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. The higher my expectations of other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my “rights” try to move in, and they too can force my serenity level down. I have to discard my “rights” as well as my expectations, by asking myself, “How important is it, really? How important is it, compared to my serenity, my emotional sobriety?” And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level - at least for the time being.

Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that’s God’s will for me.

I must keep my magic magnifying mind ON my acceptance and OFF my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I cans see I’ve never had it so good. Thank God for A.A.!

[(Chair-please pick up the reading here)](https://docs.google.com/document/d/1F6TWzqQTDwgmQ_rzJLk7td2GRgXTEtkoxg8ktCWBtvc/edit?usp=sharing)

**\*Copy and Paste the passage. Post the page number with the passage.**

This is a **Living Sober** meeting of Alcoholics Anonymous. We read one chapter in its entirety each week from the book Living Sober, starting from the preface, through to the appendix, and discuss it. Living Sober is an informative book which does not offer a plan for getting sober but does offer sound suggestions about how to stay sober. “Anyone *can get* sober. We have all done it lots of times. The trick is to stay and to *live* sober. That is what this booklet is about.”

**Ask for a volunteer to read the passage.**

We will now open the meeting for discussion on the passage we just read, or anything to do with your alcoholism and recovery. We ask that you please mute your microphone when you are not sharing, as background noise can be quite distracting, and please do not comment on someone else’s share, or use the text box unless necessary; thank you.

**NOTE:**

If everyone has had an opportunity to share and there’s time remaining, post and discuss the next passage.

At **10:25pm** Korea/Japan Time -

That’s all the time we have for sharing today, thank you to everyone who contributed. Please stick around after this meeting for a meeting-after-the-meeting and for some friendly casual conversation.

Are there any AA announcements, anniversaries, or important milestones this week?

This meeting encourages sponsorship. If you are available for sponsorship, please type yes in the text box. If you need a sponsor contact one of these people.

This meeting has a Group Conscience/Business meeting the last Thursday of every month, directly after the main meeting. Your attendance is important; without you, we can not benefit from your perspective on matters affecting our daily meetings.

**\*Copy and paste: [www.aaonlinemeeting.net](http://www.aaonlinemeeting.net)**

For more information about the other meetings during the week, click on the aaonlinemeeting link, found in the textbox.

**\*Copy and paste:**

<https://paypal.me/AlanJoycetreauser?country.x=GB&locale.x=en_GB>

**7th Tradition**

Our7th Tradition states that every AA group ought to be fully self-supporting declining outside contributions. The expenses for this group consist of two yearly payments to maintain the website. Any funds which exceed these expenses are forwarded within AA by the Treasurer. To contribute, please click on the PayPal link in the chat box.

**\*Copy and paste and ask someone to read:**

**HUMILITY, from the desk of Dr. Bob**; pg. 222 of Dr. Bob And The Good Oldtimers:

[Humility is] perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.

**Serenity Prayer**

**Please remember to update the google doc at** <https://docs.google.com/document/d/1qzpVni0YDvJ2m2ssaegRqALSNTa7-Nx1CREZyGMi9Eo/edit?usp=sharing> **, with the reading that has been covered at each meeting.**

**Meeting verification template:**

To whom it may concern:

\_\_\_\_\_\_\_\_\_\_(name)\_\_\_\_\_\_\_\_\_\_\_\_ attended the AA meeting on Skype aaonlinemeeting today from 2:30pm-3:30pm, Central European Time.  The meeting topic was Readings from the book Living Sober, and today’s reading was from pages \_\_\_\_\_-\_\_\_\_\_.

\_\_\_\_(your first name and last initial)\_\_\_\_\_\_\_\_\_\_

Meeting Chairperson