**Daily Reflections Meeting**

*This is a suggested format.*

*Please note it is the chairpersons’ job to maintain an atmosphere conducive to the sobriety of all. With this principle in mind, please lead as you see fit.*

(9:30 pm Korea/Japan Time)

Please help me open this meeting with the saying of the Serenity Prayer.

Hi, welcome to the Monday night “Daily Reflections Meeting” of Alcoholics Anonymous. I’m an alcoholic, and my name’s \_\_\_\_\_\_\_\_\_ calling from \_\_\_\_\_\_\_\_\_\_ (wait for hellos). I am the chairperson for this meeting, and \_\_\_\_\_\_\_\_\_\_\_ is the host. Say hello to the host (wait for hellos). We ask that you leave adding people to the meeting to the tech host. If you know someone who wishes to be added, please tell them to contact aaonlinemeeting (big book icon) and the tech host will add them to the call.

This is an open meeting of Alcoholics Anonymous. We are glad you are all here – especially newcomers, if you have had a drink today please refrain from sharing during this meeting but join us in casual conversation afterwards. In keeping with our singleness of purpose and our Third Tradition which states that “The only requirement for A.A. membership is a desire to stop drinking,” we ask that all who participate confine their discussion to their problems with alcohol. If you get disconnected, call aaonlinemeeting (BIG BOOK icon) from your contact list. The tech host will rejoin you to the conference call. Please mute your microphone when you are not sharing and refrain from cross-texting.

(Chair reads the preamble)

AA 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.

AA2 has been opened, would some people please go to AA2 so they can have a meeting there?

I’ve asked \_\_\_\_\_ to read the opening pages of A Vision for You.

Pg 151 Chapter 11

A VISION FOR YOU

For most normal folks, drinking means conviviality, companionship and colorful imagination. It means release from care, boredom and worry. It is joyous intimacy with friends and a feeling that life is good. But not so with us in those last days of heavy drinking. The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. There was an insistent yearning to enjoy life as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it. There was always one more attempt—and one more failure. The less people tolerated us, the more we withdrew from society, from life itself. As we became subjects of King Alcohol, shivering denizens of his mad realm, the chilling vapor that is loneliness settled down. It thickened, ever becoming blacker. Some of us sought out sordid places, hoping to ﬁnd understanding companionship and approval. Momentarily we did—then would come oblivion and the awful awakening to face the hideous Four Horsemen—Terror, Bewilderment, Frustration, Despair. Unhappy drinkers who read this page will understand! Now and then a serious drinker, being dry at the moment says, “I don’t miss it at all. Feel better. Work better. Having a better time.” As ex-problem drinkers, we smile at such a sally. We know our friend is like a boy whistling in the dark to keep up his spirits. He fools himself. Inwardly he would give anything to take half a dozen drinks and get away with them. He will presently try the old game again, for he isn’t happy about his sobriety. He cannot picture life without alcohol. Some day he will be unable to imagine life either with alcohol or without it. Then he will know loneliness such as few do. He will be at the jumping-off place. He will wish for the end. We have shown how we got out from under. You say, “Yes, I’m willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufﬁcient substitute?” Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will ﬁnd release from care, boredom and worry. Your imagination will be ﬁred. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we ﬁnd the fellowship, and so will you.

*I will now go around the room and ask each person if they would like to introduce themselves and say where they are calling from.*

***(Chair asks each person by name to introduce themselves and where they are calling from.)***

*Did I miss anyone? Is anyone new to Skype or AA that would like to say Hi? This is to welcome you not embarrass you. When saying hello to the speaker please do so quickly so they will not be interrupted.*

I’ve asked \_\_\_\_\_\_to read the Daily Reflection and Share on it.

[www.aa.org/pages/en\_US/daily-reflection](http://www.aa.org/pages/en_US/daily-reflection)

Now we will share on the daily reflection or anything of concern.

(10:28 pm Korea/Japan Time)

Are there any AA related announcements?

This group encourages sponsorship. If you are available to sponsor, type yes in the text box. Call these people if you need a sponsor.

Also, please stay for the meeting-after-the-meeting where we can answer technical questions and for some casual conversation.

This meeting has a group conscience meeting the last Monday of every month. The group conscience meeting begins promptly on aaonlinemeeting1 after the regularly scheduled meeting. Aaonlinemeeting2 will end their meeting 5 minutes early, so attendees have the opportunity to join the group conscience meeting. Please attend the meeting so we can pass the message on to others.

I have asked \_\_\_\_\_\_ to read the last two paragraphs of Chapter 11 A VISION FOR YOU

p. 164 from the book Alcoholics Anonymous.

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God, as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then.

Let’s say the serenity prayer.

Meeting is done.