**Monday Daily Reflections Meeting**

Before meeting time, ask for 3 people, to read A VISION FOR YOU, THE DAILY REFLECTION and the final A VISION FOR YOU when they come up in the meeting (write them down so you remember them!).

(9:30 pm Korea/Japan Time)

Hi, welcome to the Monday night “Daily Reflections Meeting” of Alcoholics Anonymous. I’m an alcoholic, and my name is \_\_\_\_\_\_\_\_\_ calling from \_\_\_\_\_\_\_\_\_\_ ; I am the chairperson for this meeting. Please help me open this meeting by opening your mikes and joining me in saying the **Serenity Prayer**.

\_\_\_\_\_\_\_\_\_\_\_ is the tech host for our meeting. Please say hello to \_\_\_\_\_\_\_\_\_ (wait for hellos). If you get disconnected, call AAOnlineMeeting (BIG BOOK icon) from your contact list, and \_\_\_\_\_\_\_\_\_ will rejoin you to the conference call.

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, 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.

This is an open meeting of Alcoholics Anonymous. We are glad you are all here – especially newcomers. 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 when sharing you confine your discussion to your alcoholism and recovery. When introducing yourself, we invite you to let us know where you are calling from. Please mute your microphone when you are not sharing and refrain from commenting on someone else’s share or conversing extensively in the text box, so as not to disturb other members.

Is there anyone new to aa or to online meetings who would like to introduce themselves, so we can begin getting to know you better?

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

I’ve asked \_\_\_\_\_ to read the opening pages of A Vision for You. (copy and paste)

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.

Copy and paste the Daily Reflection from [www.aa.org/pages/en\_US/daily-reflection](http://www.aa.org/pages/en_US/daily-reflection)

I’ve asked \_\_\_\_\_\_to read the Daily Reflection.

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

(10:28 pm Korea/Japan Time) That’s all the time we have for sharing today; thank you to all who contributed.

Are there any AA related announcements?

This meeting is one of the 6 meetings a week provided by The Umbrella Group, with the aim of staying sober ourselves, and continuing to carry the message to those in need of help. For more information about the other meetings during the week and about other groups on the same platform, please go to [aaonlinemeeting.net](http://aaonlinemeeting.net) (post link). The Umbrella Group holds a business meeting on the last Saturday of the month, immediately following the regular Saturday meeting, and all are welcome to attend.

On the last Monday of the month, chairpersons will end the sharing portion of the meeting five minutes early. The chair will ask for volunteers to fill in service positions of techhost and chairperson for the upcoming month.

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

All are welcome to stay for the After Meeting, which is offered for NEWCOMERS to ask any questions they may have, and for friendly, casual conversation. Priority to speak is given to the newcomers, and discussion about any controversial topics is to be avoided. If any two people need to talk something out, they are requested to take the conversation to a private venue.

**7th Tradition**

**(copy and paste https://www.paypal.com/paypalme/aaonlinemeeting)**

Our 7th Tradition states that every AA group ought to be fully self-supporting declining outside contributions. The expenses for this group, shared with the other aaonlinemeeting groups, consist of two yearly payments to maintain the website. Any funds which exceed these expenses are forwarded within AA by the Intergroup. To contribute, please click on the PayPal link in the chat box.

I have asked \_\_\_\_\_\_ to read the last two paragraphs of A VISION FOR YOU (copy and paste)

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.

**Meeting verification template:**

To whom it may concern:

\_\_\_\_\_\_\_\_\_\_(name)\_\_\_\_\_\_\_\_\_\_\_\_ attended the AA meeting at [aaonlinemeeting.net](http://aaonlinemeeting.net/) today from 2:30-3:30pm, Central European Time.  The meeting topic was the AA Daily Reflection, which is published daily at <https://aa.org/pages/en_US/daily-reflection>.

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

Meeting Chairperson