**East Asia Morning Online Group of AA**

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.

**Pre-Meeting checklist:**

Confirm availability of audio book and page number. Ask for volunteers to read the preamble and How it Works.

**Greeting**

Good Morning, my name is \_\_\_\_\_\_\_\_\_\_ and I am an alcoholic and your chairperson for the East Asian Morning online Group of Alcoholics Anonymous. Our tech host is \_\_\_\_\_\_\_\_\_\_. If you get disconnected please call aaonlinemeeting to get reconnected.

If there is anyone new to AA or this meeting we’d like to invite you to introduce yourself, not to embarrass you, but to welcome you.

We value the 7th Tradition and at this point encourage members to give to AA locally or through GSO as you feel the need.

I have asked …. To read the Preamble.

**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.

I have asked … to read How it Works.

**How it works Chapter 5**

RARELY HAVE we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided that you want what we have and are willing to go to any length to get it - then you are ready to take certain steps.

At some of these we balked. We thought that we could find an easier, softer way. But we could not. With all earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol - cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power - that One is God. May you find him now.

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we were willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

(a) That we were alcoholic and could not manage our own lives.

(b) That probably no human power could have relieved our alcoholism.

(c) That God could and would if He were sought.

Welcome to anyone who just joined us. Our group listens to the Big Book and 12&12. We listen to around 15 minutes at the beginning of every meeting and then discuss that reading or anything else pertinent to maintaining our sobriety today.

Type a message

Today we are on \_\_\_(give the reading)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: PLAY TAPE

The meeting is now open for discussion. Try to make sure everyone gets a chance to share. If you are struggling and need to talk with someone, please stay for the meeting after the meeting. We're glad you're here. Just a reminder, please mute your mic when not sharing, or use headphones to cut down on feedback or background noise.

↓

↓

↓

Does anyone have a burning desire?

Are there any AA 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.

This meeting has a business meeting the last meeting of every month. Please attend the meeting so we can pass the message on to others.

Also, please stay for the meeting-after-the-meeting where we can answer any technical questions and for some friendly chitchat.

Let’s close with the Serenity Prayer.