**Saturday As Bill Sees It Meeting**

9:30 Korea/Japan Time

Hi, welcome to our Saturday night “As Bill Sees It” meeting of Alcoholics Anonymous. As Bill Sees It is a compilation of themed excerpts from the writings of one of our co-founders, Bill W.

I’m an alcoholic, and my name’s \_\_\_\_\_. I am the chairperson for this meeting, and \_\_\_\_\_ is the tech host. Say hello to \_\_\_\_\_\_\_.

If you get disconnected and wish to rejoin, call the icon, from your contacts, that you called to get in (NOT a green “join call” button that may appear), and \_\_\_\_\_\_\_\_\_\_\_ (tech host) will rejoin you to the conference call.

**Serenity Prayer:** God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Is there anyone new to Skype or to AA that would like to introduce themselves? This is to welcome you to our meeting. Wait . . .

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)

**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 where all are welcome. If you are not an alcoholic, we ask that you just listen at tonight’s meeting, but please join us at the aftermeeting, to ask any questions you may have and for some friendly, casual conversation. In keeping with our traditions, we ask that all members treat each other with kindness, consideration and respect at all times. Please mute your microphone when you are not sharing and please refrain from cross talking and from commenting on

anyone’s share or conversing extensively in the text box - these things can disrupt the meeting.

Copy and paste either **A Vision For You** or **More about Alcoholism** and ask for a volunteer to read:

**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.

**Chapter 3 MORE ABOUT ALCOHOLISM pgs. 30-32 from the book Alcoholics Anonymous**

Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times that we were regaining control, but such intervals--usually brief--were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better. We are like men who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other men. We have tried every imaginable remedy. In some instances there has been brief recovery, followed always by a still worse relapse. Physicians who are familiar with alcoholism agree there is no such thing as making a normal drinker out of an alcoholic. Science may one day accomplish this, but it hasn't done so yet. Despite all we can say, many who are real alcoholics are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore nonalcoholic. If anyone who is showing inability to control his drinking can do the right-about-face and drink like a gentleman, our hats are off to him. Heaven knows, we have tried hard enough and long enough to drink like other people!

Here are some of the methods we have tried: Drinking beer only, limiting the number of drinks, never drinking alone, never drinking in the morning, drinking only at home, never having it in the house, never drinking during business hours, drinking only at parties, switching from scotch to brandy, drinking only natural wines, agreeing to resign if ever drunk on the job, taking a trip, not taking a trip, swearing off forever (with and without a solemn oath), taking more physical exercise, reading inspirational books, going to health farms and sanitariums, accepting voluntary commitment to asylums--we could increase the list ad infinitum. We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself, Step over to the nearest barroom and try some controlled drinking. Try to drink and stop abruptly. Try it more than once. It will not take long for you to decide, if you are honest with yourself about it. It may be worth a bad case of jitters if you get a full knowledge of your condition.

**[(Chair- please pick up the reading here)](https://docs.google.com/document/d/1vHtcE4_WG19_bZ3rYRYQknNaKsAUz7GuY2MY3bFkGjw/edit?usp=sharing)**

Copy and post the reading from As Bill Sees It.

I’ve posted the reading for today in the chat box. Who would like to read today’s reading for us?

Thanks for reading everyone. Now we will open the meeting for discussion related to the reading or anything related to alcoholism and recovery.

**First 3 Saturdays:** 10:27 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 has two service positions - Chair and Tech Host. On the last Saturday of the month we will take 5 minutes to ask for volunteers for the upcoming month. Please consider volunteering for one of these service positions, as the meeting cannot be held if they are not filled.

**Last Saturday of month:** **10:20 Korea/Japan time**

That’s all the time we have for sharing today, thank you to all who contributed.

This meeting has two service positions - Chair and Tech Host.

**The Tech Host** establishes the conference call at least 15 minutes before and maintains the call at least 15 min after meeting. They administer the call as detailed in the **Chair and Host Guidelines** document found on the Umbrella Group’s page at the aaonlinemeeting website. Help will be provided for anyone volunteering for the first time. Is there someone who would like to volunteer to tech host this meeting for the Saturdays of the upcoming month?

**The Chairperson f**acilitates the meeting using the current version of the format, downloaded from the Umbrella Group’s page at the aaonlinemeeting website. They copy and paste the readings and they update the current reading link in the format at meeting’s end. **If you’d like to volunteer but do not have copying and pasting capacity because you’re on a cell phone, someone can be found to copy and paste for you, so don’t hesitate to step up!** Further guidance is also found in the **Chair and Host Guidelines** document found on the Umbrella Group’s page at the website. Is there someone who would like to volunteer to chair this meeting for the Saturdays of the upcoming month?

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.

Having a home group helps with continuing sobriety. In a home group, we learn to sustain friendships and serve, in and out of meetings. Choosing a home group strengthens the bond between the A.A. member and the Fellowship. There is a Group Conscience and/or Business Meeting of this, The Umbrella Group, on the last Saturday of each month, immediately after this regularly scheduled meeting, where service positions for the upcoming month will be made official and pertinent issues will be discussed. All are invited to the meeting and all alcoholics are free to express opinions and contribute to the discussion. The motions made during the meeting will be voted on by the Umbrella Group Members only. If you would like to join the Group as a member, we would be delighted to have you, just indicate your intention at the start of the meeting.

On the remaining Saturdays, a brief After Meeting 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 topic is to be avoided. If any two people need to debate differing viewpoints, they are requested to take the conversation to a private venue.

Paste PayPal link - **<https://www.paypal.me/aaonlinemeetings>**

**7th Tradition**

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.

Copy and paste **The Fifth Step Promises** and ask for a volunteer to read

**The 5th Step Promises from Chapter 6 pg. 75 of the Big Book**

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand and hand with the spirit of the universe.

Let’s say the serenity prayer.

Meeting is done.

**Chair**, Please update the reading that was done today in the google document found at the (Chair- please pick up the reading here) link above.

**Meeting verification template:**

To whom it may concern:

\_\_\_\_\_\_\_\_\_\_(name)\_\_\_\_\_\_\_\_\_\_\_\_ attended the AA meeting at [aaonlinemeeting.net](http://aaonlinemeeting.net/) today from 2:30pm-3:30pm, Central European Time.  The meeting topic was readings from the book As Bill Sees It, and today’s reading was from pages \_\_\_\_\_-\_\_\_\_\_.

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

Meeting Chairperson