**KEY (MEANING OF TEXT COLORS):**

Text in BLACK is read out loud the regular meeting format.

Text in RED is information for the Chairperson. Do not read or post in the chat.

Text in PURPLE is read every week EXCEPT the last meeting of the month.

Text in GREEN is read LAST MEETING of every month.

**MEETING FORMAT**

9:30 pm Korea/Japan Time

Hello everyone and welcome to the Sunday Night Big Book meeting of Alcoholics Anonymous. I’m an alcoholic, and my name is\_\_\_\_(wait for hellos). I will be your chairperson for this meeting, and \_\_\_ is your tech host. Say hello to the tech host (wait for hellos). If you get disconnected, call AAOnlineMeeting (BIG BOOK icon) from your contact list. The tech host will rejoin you to the conference call. We ask that you please mute your microphone when you are not sharing, as having your microphone UNMUTED is a disturbance to the other members at the meeting. Please do not cross talk or cross text. Also, when you are saying hello to the speaker, please do so QUICKLY so as not to interrupt the speaker.

**Read PURPLE TEXT ONLY ON THE LAST MEETING of the MONTH.**
Nominations are **only** for the meeting you are in now (AAOnlineMeeting, AAOnlineMeeting2 or AAOnlineMeeting3):

This meeting has two service positions, Chair and Tech Host which are rotated out at the end of the month. It is the last meeting of the month so we will have nominations for and elections of new officers (positions to become effective after this meeting).

**TECH HOST DUTIES for AAOnlineMeeting:** Establish conference call at least 15 minutes before and maintain the call at least 15 after meeting (if longer – great). Administer the call as detailed in the "How To Tech Host" guidance found at AAOnlineMeeting website. Training can be arranged.

Do we have any nominations or self-nominations?

If there is a nomination, ask for a second. When seconded ask if any are opposed.

**CHAIR DUTIES for AAOnlineMeeting:** Facilitate the meeting using the current version of the format which you can download from the AAOnlineMeeting.net website. Copy and paste the reading.

Do we have any nominations or self-nominations?

If there is a nomination, ask for a second. When seconded ask if any are opposed.

CHAIR: PLEASE NOTE THE NEW SERVICE POSITIONS and TEXT THEM TO SKYPE ID AAOnlineMeeting or this group’s secretary so they can be recorded in the Group Conscience Minutes and posted on the website.

Chairperson 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.

Is there anyone new to Skype or to AA that would like to say hello? This is so we can welcome you! (Wait for 10 seconds) At this Big Book meeting we will read from the preface to the end of Dr. Bob’s Nightmare. We will read for about 15 minutes at the Chairperson’s discretion ([Chairperson – please pick up the reading here](https://docs.google.com/document/d/18vMDklUy4OAttbam0kau0amQC75LueGzTVWMfUS8N4k/edit)). We will now start reading. Read a page or so then pass.

A PDF of the Big Book is at <https://aa.org/pages/en_US/alcoholics-anonymous>

Thank you all for reading. Now please share on what we’ve just read and relate it to your alcoholism and recovery.

**At 10:27 Korea/Japan Time**

Are there any AA related announcements? **(Pause for 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 group conscience meeting the last Sunday 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 technical questions and for some casual conversation.

**Read every week except the last meeting of the Month.** (The last meeting read the purple text):

This meeting has two service positions, Chair and Tech Host which are rotated out at the last meeting of the month. Please consider volunteering for these service positions. Information on responsibilities is available on AAOnlineMeeting.net. Training for tech hosting can be arranged.

This meeting has a group conscience meeting the last Wednesday of every month. Please attend the meeting to participate in decisions that effect this meeting. Also, please stay for the meeting-after-the-meeting where we can answer technical questions and for some casual conversation.

Post 7th Tradition in the chat

**7th Tradition**

Our 7th Tradition states that every AA group ought to be fully self-supporting declining outside contributions. To Donate to this group, please click on the PayPal link in the chat box.

[https://www.paypal.me/AAOnlineMeetings](https://www.paypal.me/aaonlinemeetings)

To end, past the promises of your choice (5, 9 or 10) - found below.

I have asked \_\_\_\_\_\_ to read the \_\_\_\_\_\_\_\_ promises.

Let’s say the serenity prayer. Meeting is done.

**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.

**The 9th Step Promises from Chapter 6 pp. 83-84 of the Big Book**

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

**The 10th Step Promises from Chapter 6 pp. 84-85 of the Big Book**

And we have ceased fighting anything or anyone even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital six sense.