**Sunday Night Big Book Personal Stories**

Link to Google doc where each Sunday’s reading is annotated: <https://docs.google.com/document/d/18vMDklUy4OAttbam0kau0amQC75LueGzTVWMfUS8N4k/edit>

**Before meeting time, UPDATE WHAT’S TYPED IN GREEN, and post the following:**

<https://aa.org/pages/en_US/alcoholics-anonymous>The story for this evening is Name of StoryClick on the above link, scroll down to the Personal Stories heading and click on Part 1,2 or 3 and title, then scroll down to page \_\_\_.

**Update everything typed in green, throughout the format.**

9:30 pm Korea/Japan Time

Hello everyone and welcome to the **Sunday Night Big Book Personal Stories** 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 \_\_\_\_\_\_\_. If you get disconnected, call the AAOnlineMeeting red and yellow BIG BOOK icon from your contact list. \_\_\_\_\_\_ (tech host) will rejoin you to the conference call.

Let’s all open our mikes and open the meeting together with the **Serenity Prayer.**

**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.

Is there anyone new to AA or to Skype that would like to say hello? This so we can welcome you and begin to get 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**n this meeting, we read, week by week, through the personal stories in the back of the book, Alcoholics Anonymous, otherwise known as The Big Book. Today’s story is entitled, (Name of Story). If you’d like to begin making your way there, click on the link in the text box, scroll down to the PERSONAL STORIES heading and click on (Part 1,2 or 3 and title), then scroll down to page (\_\_\_)

Alcoholics Anonymous is a fellowship of people 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.

Copy and paste the following, and ask for a volunteer to read:

**How it works Chapter 5 pgs. 58-60 from the book Alcoholics Anonymous**

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 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 we could find an easier, softer way. But we could not. With all the 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 are 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.

Copy and paste:

<https://aa.org/pages/en_US/alcoholics-anonymous>Tonight’s story is Name of Story.Click on the above link, scroll down to the PERSONAL STORIES heading, click on PART 1,2 or 3 and the title then scroll down to page \_\_\_.

Again, the story for this evening is entitled, (Name of story). Click on the link in the text box, scroll down to the PERSONAL STORIES heading and click on (Part 1,2 or 3 and title), then scroll down to page (\_\_\_).

Who would like to begin reading? You can read for as long as you like and then pass.

Thank you to everyone who read. We will shortly open the floor for sharing, on what we have read or anything to do with your alcoholism and recovery. You’re invited to say where you are calling from when introducing yourself. 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.

**First 3 Sundays:** 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, anniversaries or important milestones?

This meeting has two service positions - Chair and Tech Host. On the last Sunday 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 Sunday 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?

**New chair and tech host should be communicated to an Umbrella Group member, to be posted on the “Current Service Positions" document on The Umbrella Group’s page on the website**

Are there any AA related announcements, anniversaries or important milestones?

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

There is a Group Conscience and/or Business Meeting of this, The Umbrella Group, on the last Saturday of each month, immediately after the regularly scheduled Saturday 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 welcome 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.

Our 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.com/paypalme/aaonlinemeeting

**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 Tenth Step Promises** and ask for a volunteer to read:

**10th Step Promises Chapter 6, page 84-85 from the book Alcoholics Anonymous:** 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 have 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.

Let’s say the serenity prayer.

Meeting is done.

**Chair**, Please record the reading that was done today in the google document found at the link at the top of the format.

**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 Personal Stories from the book, Alcoholics Anonymous and today’s reading was from pages \_\_\_\_\_-\_\_\_\_\_.

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

Meeting Chairperson