**Thursday Living Sober**

9:30 pm Korea/Japan Time

Welcome everyone to the Thursday **Living Sober** meeting of Alcoholics Anonymous, and thank you for being at the meeting tonight.

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

If you get disconnected, call the red and yellow aaonlinemeeting BIG BOOK icon from your contact list. (The tech host) \_\_\_\_\_\_\_ will rejoin you to the conference call.

Copy and paste the Third Step Prayer and ask for a volunteer to read/lead -

The Third Step Prayer (from page 63 of the Big Book of Alcoholics Anonymous)

God, I offer myself to Thee- To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Chair reads the 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.

Is there anyone new to Skype or AA that would like to say HELLO so we can welcome you? This is so we can 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)

This meeting has 2 service positions, Chair and Tech Host, which are rotated each month. Service is an excellent way to enhance and strengthen your sobriety, and those who volunteer for service are helping to keep this meeting open, as it cannot open without a Tech Host and Chairperson.

**\***Every Thursday ***except*** ***last*** Thursday the month: Training help is provided for those who are new to it, so even if you’ve never done so, please consider volunteering for the four Thursdays of some upcoming month, so the meeting can be here for all alcoholics seeking help. On the last Thursday of the month will take 5 minutes to ask for volunteers for the upcoming month. Thank you!

**\*Last Thursday** of the month: Training help is provided for those who are new to it, so even if you’ve never done so, please consider volunteering for the month of (next month’s name) \_\_\_\_\_\_\_\_\_\_\_ , so the meeting can be here for all alcoholics seeking help. We will take 5 minutes after sharing today, to ask for volunteers and designate them for next month. Thank you!

Copy and paste How it Works 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 makes 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.

[(Chair-please pick up the reading here)](https://docs.google.com/document/d/1F6TWzqQTDwgmQ_rzJLk7td2GRgXTEtkoxg8ktCWBtvc/edit?usp=sharing)

Copy and Paste the passage. Post the page number with the passage.

This is a **Living Sober** meeting of Alcoholics Anonymous. We read one chapter in its entirety each week from the book Living Sober, starting from the preface, through to the appendix, and discuss it. Living Sober is an informative book which does not offer a plan for getting sober but does offer sound suggestions about how to stay sober. In its preface, it says, “anyone *can get* sober. We have all done it lots of times. The trick is to stay and to *live* sober. That is what this booklet is about.”

Ask for a volunteer to read the passage.

We will now open the meeting for discussion on the passage we just read, or anything to do with your alcoholism and recovery. We ask that you please mute your microphone when you are not sharing, as having your mike UNMUTED is a disturbance to others at the meeting. Moreover, when saying hello please do so QUICKLY so as not to interrupt the speaker. Lastly, please refrain from cross talk and cross texting; do not comment on someone else’s share, or engage in extensive conversation in the text box, so as not to disturb the other members.

**NOTE:**

If everyone has had an opportunity to share and there’s time remaining, post and discuss the next passage.

**\***Every Thursday ***except*** ***last*** Thursday the month: At **10:25pm** Korea/Japan Time -

That’s all the time we have for sharing today, thank you to everyone who contributed. Please stick around after this meeting for a meeting-after-the-meeting and for some friendly casual conversation.

**\*Last Thursday** of the month: At **10:20pm** Korea/Japan time -

That’s all the time we have for sharing today, thank you to everyone who contributed. Please stick around after this meeting for a meeting-after-the-meeting and for some friendly casual conversation.

We will now decide the Service Positions for next month’s meetings.

The duties of the **Tech Host** are to: **Establish the conference call at least 15 minutes** before and maintain the call at least 15 minutes after meeting, and to **Administer the call** as detailed in the **Chair and Host Guidelines** document found on the Umbrella Group’s page at the aaonlinemeeting.net website. Again, training and help for new volunteers is provided. Who would like to volunteer to Tech Host the meeting during the month of \_\_\_\_\_\_\_\_\_\_\_ ? Thank the volunteer and if pertinent, make sure that the current host will train them or put them in contact with someone who can train them.

The duties of **Chairperson** are to: **Facilitate the meeting** using the current version of the format, which is downloaded from the Umbrella Group’s page at the [aaonlinemeeting.net](http://aaonlinemeeting.net) website. **Copy and paste the readings**, and u**pdate the google doc page** which tracks the readings done from week to week. **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. Who would like to volunteer to the Chairperson for the meeting for \_\_\_\_\_\_\_\_\_? Thank the volunteer and make sure they understand how to get to the format,google doc, and **Chair and Host Guidelines, and** that they have a download of **Living Sober**.

Are there any AA announcements, anniversaries, or important milestones this week?

This meeting encourages sponsorship. If you are available for sponsorship, please type yes in the text box. If you need a sponsor contact one of these people.

Post but do not read aloud the following link and HOME GROUP paragraph:

<https://www.paypal.me/aaonlinemeetings>

THE HOME GROUP

For most A.A.s, membership in a home group is one of the keys to continuing sobriety. In a home group, they learn to sustain friendships; they learn also through example what service looks like and, when they are ready, they can begin to accept service responsibilities themselves. The home group affords individual A.A.s the privilege of voting on issues that affect the group and the Fellowship as a whole; it has remained, over the years, the strongest bond between the A.A. member and the Fellowship. If you would like to join this group as your home group, all that is required is to come to the monthly business and/or group conscience meeting (last Saturday of the month, immediately following the regular meeting), indicate your desire to be counted as a member, and then participate in the vote when a decision is to be made. Volunteering for service positions is not required, to be a member.

**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.

Post and ask someone to read the ninth step promises.

THE NINTH STEP PROMISES are from pg. 83-84 of the Big Book of Alcoholics Anonymous.

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.

**Serenity Prayer**

**Chair, please remember to update the google doc at the “Chair please pick up the reading here” link, with the reading that has been covered at each meeting.**

**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 Living Sober, and today’s reading was from pages \_\_\_\_\_-\_\_\_\_\_.

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

Meeting Chairperson