**Thursday Living Sober**

**Everything in black is to be read out loud; everything in red is directions for the chairperson.**

**\*Copy and paste: [aa-intergroup.org](http://aa-intergroup.org)**

**9:30 pm Korea/Japan Time**

Welcome everyone to our Thursday **Living Sober** meeting of Alcoholics Anonymous, and thank you for being at the meeting tonight. This group holds meetings 7 days a week which are posted on the Online Intergroup of Alcoholics Anonymous schedule, found at the link posted in the textbox.

I’m an alcoholic and my name is \_\_\_\_\_\_\_\_\_ . 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.

Please open your mikes and join me in the **Serenity Prayer.**

**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 Acceptance Was the Answer and ask for a volunteer to read -**

**Acceptance Was the Answer** pg. 416-420, Alcoholics Anonymous

It helped me a great deal to become convinced that alcoholism was a disease, not a moral issue: that I had been drinking as a result of a compulsion, even though I had not been aware of the compulsion at the time; and that sobriety was not a matter of willpower. The people of A.A. had something that looked much better than what I had, but I was afraid to let go of what I had in order to try something new; there was a certain sense of security in the familiar.

At last, acceptance proved to be the key to my drinking problem. After I had been around A.A. for seven months, tapering off alcohol and pills, not finding the program working very well, I was finally able to say, “Okay, God. It IS true that I - of all people, strange as it may seem, and even though I didn’t give my permission - really, really am an alcoholic of sorts. And it’s all right with me. Now, what am I going to do about it?” When I stopped living in the problem and began living in the answer, the problem went away. From that moment on, I have not had a single compulsion to drink.

And acceptance is the answer to ALL my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

A.A. and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God’s handiwork. I am saying that I know better than God.

Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. The higher my expectations of other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my “rights” try to move in, and they too can force my serenity level down. I have to discard my “rights” as well as my expectations, by asking myself, “How important is it, really? How important is it, compared to my serenity, my emotional sobriety?” And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level - at least for the time being.

Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that’s God’s will for me.

I must keep my magic magnifying mind ON my acceptance and OFF my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I cans see I’ve never had it so good. Thank God for A.A.!

[(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. “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 background noise can be quite distracting, and please do not comment on someone else’s share, or use the text box unless necessary; thank you.

**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 they are new, 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.

**\*Copy and paste and read The Home Group and Paypal link:**

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 Group Conscience Business meeting (last Thursday 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.

https://www.paypal.com/paypalme/aaonlinemeeting

**7th Tradition**

Our7th Tradition states that every AA group ought to be fully self-supporting declining outside contributions. The expenses for this group consist of two yearly payments to maintain the website. Any funds which exceed these expenses are forwarded within AA by the Treasurer. To contribute, please click on the PayPal link in the chat box.

**\*Copy and paste 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