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

**Text in GREEN is time sensitive. Read only in the week(s) as indicated.**

Hi, welcome to the Wednesday’s Speaker Discussion. This is an open meeting of Alcoholics Anonymous.

I'm an alcoholic and my name's \_\_\_\_\_\_ (wait for hellos). I am the chairperson for this meeting and \_\_\_\_\_ is the tech host. Say hello to the tech host (wait for hellos). If you’re not an alcoholic we ask that you just listen at tonight’s meeting but please join us in casual conversation after the meeting. If you get disconnected, call aaonlinemeeting (BIG BOOK icon) from your contact list. The tech host will rejoin you to the conference call. Please mute your mikes when others are speaking and no cross texting please.

**Moment of Silence followed by the 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.

**Read ONLY ON THE LAST Wednesday 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 Wednesday 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.

**CHAIR DUTIES for AAOnlineMeeting:** Facilitate the meeting using the current version of the format (download from aaonlinemeeting website). Copy and paste the reading (repost relevant parts when new people come into meeting).

Please consider these service positions now, I will ask for nominations or self-nominations at the end of the meeting.

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.

I've asked \_\_\_\_ to read MORE ABOUT ALCOHOLISM Post MORE ABOUT ALCOHOLISM in the chat

This is a portion from Chapter 3 More about Alcoholism pp. 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.

This is a Speaker Discussion Meeting. We will have \_\_\_\_\_\_\_\_share their experience, strength, and hope for 20-30 minutes. Please welcome \_\_\_\_\_\_\_.

Thanks for speaking! Is there anyone new to Skype or AA that would like to say Hi so we can welcome you? If you are going to unmute your mike to say hello to the speaker, please do so quickly so they will not be interrupted and then mute your mike again. Are there any AA anniversaries? Now we will open the meeting for discussion.

10:27 Korea/Japan Time

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.

Read if it is NOT the last Wednesday of the Month: This meeting has two service positions, Chair and Tech Host which are rotated out at the last meeting of the month. Information on responsibilities is available on AAOnlineMeeting.net.[[1]](#footnote-1)

This meeting has a group conscience meeting the last Wednesday of every month. Please attend the meeting to participate in decisions that affect 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>

**On last Wednesday, ask for nominations/self-nominations for Host and Chair positions**

**PLEASE record NEW SERVICE POSITIONS on the AAOnlineMeeting.net Service Calendar so they can be recorded in the Grp Conscience Minutes and posted on the website.**

Post **Ninth Step Promises** in the chat

**I have asked \_\_\_\_ to read the Ninth Step Promises**

Ninth Step Promises from Chapter 6 pp. 83-84 of the book 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.

Let's say the Serenity Prayer.

Meeting is done.

1. If the chair is unable to chair the group conscience meeting at the end of the month, ask for a volunteer, who is familiar with the GC format, to chair the GC meeting. (format is on website). [↑](#footnote-ref-1)