**Wednesday Speaker Discussion Meeting**

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

**Hi, welcome to Wednesday's Speaker Discussion Meeting. This is an open meeting of Alcoholics Anonymous. T**his group holds meetings daily, which are posted on the Online Intergroup of Alcoholics Anonymous schedule, found at the link posted in the textbox.

**Let's open with a 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.**

**I'm an alcoholic and my name's \_\_\_\_\_ (wait for hellos). I am the chairperson for this meeting and \_\_\_\_\_\_ is the tech-host. Please say hello to the host (wait for hellos).**

**If you get disconnected, click on the green ‘join call’ button or call aaonlinemeeting (Yellow and red BIG BOOK icon) from your contact list and the tech host will re-join you to the conference call. Also, please mute your mikes when you are not speaking and only use the text box if absolutely necessary.**

**If you need a letter verifying your attendance at this meeting, please put your full name and email address in the chat box. Please do this now, at the beginning of the meeting.**

 **AA Preamble**

**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, 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.**

**\*Copy and paste MORE ABOUT ALCOHOLISM**

**I've asked \_\_\_\_ to read**

**MORE ABOUT ALCOHOLISM**

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.

**Before we continue, may I ask if there is anyone new to AA or to this meeting who would like to introduce themselves, so we can welcome you?**

**Is there anyone celebrating a sober anniversary who would like to share their milestone with us?**

**As this is a speaker meeting, we will have \_\_\_\_\_\_\_\_share his/her experience, strength, and hope for 20-30 minutes. Please welcome our speaker.**

**Thanks for speaking, \_\_\_\_\_\_\_\_\_!**

**Please be mindful of the number of people in the meeting and keep your shares to 3-5 mins. The chairperson may ask you to wrap up your share if you exceed that limit. The meeting is now open for general sharing.**

**(10:25 Korea/Japan time)**

**That’s all the time we have for sharing today, thank you again \_\_\_\_\_\_\_\_\_ for sharing your story and thanks to all who contributed. If you know of an alcoholic who would be willing to share his/her story at this meeting, please contact Alan, Andrew, Gilda or the current chairperson, so that he/she may be scheduled to speak.**

**Are there any AA related announcements?**

 **This group encourages sponsorship. If you are available to sponsor, type yes in the text box, and if you are looking for a sponsor, contact one of these people.**

**Our brief “Meeting after the Meeting” today is a safe place for NEWCOMERS to ask questions and for friendly, casual conversation. Priority to speak will be given to the newcomers.**

**\*Copy and paste:** [aaonlinemeeting.net](http://aaonlinemeeting.net)

**For more information about the other meetings during the week, please go to the aaonlinemeeting link posted in the text box. This meeting has a group conscience meeting the last Thursday of every month, directly after the main meeting. Your attendance is important; without you, we can not benefit from your perspective on matters affecting our daily meetings.**

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| **(Read ONLY ON THE LAST Wednesday of the Month.)** **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 service positions, which 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 which is available on the aaonlinemeeting.net website. Copy and paste the readings.** |

**\*Copy and paste: <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 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.

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

**\*Copy and paste:**

**Ninth Step Promises, from Chapter 6, p. 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 to close the meeting.**

**Meeting is done**

**Literature: <https://onlineliterature.aa.org/>**

**Example of verification letter:**

**[name]**

**[position]**

Wednesday 930pm (KST) Speaker/Discussion Meeting of Alcoholics Anonymous

aaonlinemeeting.net

**[date]**

To whom it may concern:

This letter is to verify that **[participant's name]** attended the **[date]**, 9:30pm KST, Speaker/discussion meeting of Alcoholics Anonymous.

Sincerely,

**[name]**

**[position]**