

Mill Park Beginners AA Meeting

Secretary's script – Start of meeting

The meeting starts on time at 7:00pm

- Introduce yourself.

Welcome to the Mill Park Beginners AA meeting.

Our meeting is being held on the lands of the Wurundjeri people and we wish to acknowledge them as the Traditional Owners.

- Read the **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 AA membership; we are self supporting through our own contributions. AA 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 to help other alcoholics to achieve sobriety.

(Reprinted From "AA Grapevine" Inc.)

- Read the '**Open Meeting Statement**':

This is an open meeting of Alcoholics Anonymous. We are glad you are all here - especially newcomers. In keeping with our singleness of purpose and our Third Tradition which states that "The only requirement for A.A. membership is a desire to stop drinking," we ask that all who participate confine their discussion to their problems with alcohol.

- Reminders:
 - The Group requests that mobile phones be turned off or switched to silent mode.
- Introduce the **Chairperson** and hand over the meeting.

Mill Park Beginners AA Meeting

Secretary's script – end of meeting

- Thank the chairperson

Pass the basket - Remind members of the seventh tradition.

Tradition Seven

Every A.A. Group ought to be fully self-supporting, declining outside contributions.

After paying for rent, tea and coffee and other expenses, this group contributes the remainder to local AA service bodies.

Newcomers and Sponsorship

If you are new to AA or it's your first time at this meeting, and you have any questions about AA, sponsorship or our group, please see one of our home group members after the meeting. *Raise your hand if you are a group member.*

Literature

We have AA books and pamphlets available, including beginner's packs. Please see our literature support volunteer if you need any literature.

Read any announcements and suggest members check the **AATimes** website for information about upcoming AA events.

Ask for any other announcements from the 'floor' for the benefit of AA.

Service

The Mill Park AA Group is active in carrying the message to the community. We run a roster to visit a local detox centre and are responsible for publishing the SoberQ Podcast. See our roster coordinator if you want to get involved.

If you are interested in joining our group and participating in service work, please see me after the meeting.

Thank members for attending and close the meeting with the **Serenity Prayer**.

God grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can,
and Wisdom to know the difference.

Mill Park Beginners AA Meeting

Chairperson Script

Introduce yourself and welcome members.

Briefly explain the format of the meeting:

- The meeting is a 'discussion' format with topics suggested from the floor.
- You are welcome to share if you identify as an alcoholic and have not had a drink today.
- Speakers are requested to be brief, stay on topic and share from their own experience. All discussion should be directed through the chair.
- The advertised topic for this evening is _____ (see list) and we need some more topics suggested.
- You are welcome to choose a topic from the list provided or select one of your own relating to sobriety and AA.
- We like to have a total of about four or five topics.
- We will now go around the room and ask each member to introduce themselves by **first name, Home Group, length of sobriety** and to **suggest a topic** for discussion.

Ask each member to introduce themselves by first name, date of sobriety and **Home Group** (if they have one). Write down the names and the topics as they are suggested. Take note of those who don't identify as alcoholics as they will not be asked to share.

- If insufficient topics have been suggested, call for others, or suggest one of your own. *Always make sure at least one topic relates to **drinking** or **Step One**.*
- Select topics to be discussed one by one in order and ask the member who made the suggestion to introduce the topic. Ask other members to share their experience on the topic.
- Around 8:10pm, announce the last question -

At this meeting we always end with this question "**What's the best thing about being sober this week?**"

Ask everyone in the meeting to **briefly** answer that question.

Hand meeting back to the **Secretary** for announcements.

Mill Park Beginners AA Meeting

Suggestions for Chairing this Meeting

Here are some ideas to consider when chairing this Beginners Meeting. These are not hard and fast rules but are suggestions that come from the group's collective experience.

The focus of the meeting

The important thing about chairing this meeting is to bring out the aspects of AA and the program as they relate to newcomers.

The chairperson needs to be familiar with the format and be aware of who is new in the room and which members have been around a while.

Newcomers need to feel welcome and under no pressure to share or say anything if they don't want to, but at the same time, be encouraged to participate.

For the other members in the room, the meeting is an opportunity to practice their 12th step by carrying the AA message.

Order topics logically

Choose the topics in the numerical order they appear on the suggestion sheet. That way, the meeting starts with topics about the problem, then moves through to topics that are about the program and solutions. As newcomers, we first need to identify with the problem, then we are willing to listen for the solution.

The first few questions on the suggestion list relate to drinking, stopping drinking, and the first step. If none of these have been suggested, it's OK for you to throw one in yourself and ask someone who regularly attends to start the meeting by sharing about it. It's good to call a few members who are early around to share on this type of topic. And it's often good to end this topic by calling an older member who is likely to talk about the disease concept.

Start with someone who is familiar with the format

For the first topic, start by calling a member you know has been to the meeting before. It's uncomfortable for the person, no matter how long they have been sober, to be asked to share first when they are not familiar with the format and don't know what to do or how long to share.

Include newcomers

When a newcomer has brought up a topic and shared about it, it is tempting for the chairperson to immediately call an older member to give the "correct answer". But it's usually best to get some other relative newcomers to share on the topic first. This lets beginners see that other newcomers have the same questions and are feeling the same way. This identification is as important as hearing about the solution. You can then call a more experienced member before moving on to the next topic.

Who not to call

Members are welcome to share if they "identify as an alcoholic and have not had a drink today".

At the start of the meeting, when everyone is identifying with their first name and home group, take note of anyone who identifies as "observer", a "member of Al-anon", "here to support" someone or just as an "addict". These people don't get called to speak. (Those that identify as "alcoholic / addict" are OK to share).

If someone reveals that they have been drinking that day, it is OK to interrupt them and suggest that they talk to members after the meeting. Compassion is the key in these circumstances.

Keep control of the meeting

If someone talks too long or goes way off topic, it's ok to interrupt them to bring the focus back to the purpose of the meeting.

You are a trusted servant

The wisdom is in the room. Your job is to bring it out. You don't need to say too much yourself.

Remember, the group has asked you to chair the meeting because of your experience and because we trust your judgment.

Thanks for your service