

7 a.m. AA Meeting

Pleasant Hill

Zoom Script Format

Pre-meeting

1. At least one Zoom co-host should be added for screen sharing and/or security for each meeting.
2. For added security, the Waiting Room should be enabled once the meeting is underway and a security monitor is present.

Saturday = Wild Card
Sunday = Daily Reflections
Monday = Big Book Study
Tuesday = As Bill Sees It
Wednesday = Daily Reflections
Thursday = Speaker/Discussion

Friday's only
1st Friday = Step of the month
2nd Friday = Tradition of the month
3rd Friday = Language of the Heart
4th Friday = Traditions Checklist
5th Friday = Language of the Heart

Start of Meeting

Welcome to the 7 a.m. Pleasant Hill meeting of Alcoholics Anonymous.

My name is _____; I am an alcoholic and your secretary.

Let us open the meeting with a moment of silence (5-10 seconds), followed by the Serenity Prayer.

To minimize distractions during the meeting, please mute your microphone if you are not speaking and turn off your camera if you engage in activities that may be distracting to others. Please minimize group on-screen chat during the meeting out of respect for those sharing. In the spirit of unity please refrain from political or religious discussion during the meeting.

The stories you hear are told in confidence and should not be repeated outside this meeting.

This is an open meeting, which is defined as a meeting available to anyone interested in AA recovery.

Non-alcoholics may attend open meetings as observers.

The following is the preamble of Alcoholics Anonymous:

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other so 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 help other alcoholics achieve sobriety.

As referenced from page 47 of "The Big Book":

When, therefore, we speak of God, we mean your own conception of a Higher Power.

We need a volunteer to read "How It Works".

We need a volunteer to read "The 12 Traditions".

It is the custom of this group to ask if there are any newcomers. Is there anyone here in their first 30 days of sobriety or recently out of a treatment program?

Are there any visitors who would care to introduce themselves?

Is anyone celebrating an AA birthday this week?

Sponsorship. Essentially, the process of sponsorship is that an alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through AA. Sponsor and Sponsee meet as equals.

If you are looking for a sponsor, want a list of members' phone numbers, or need an attendance letter, please post your name and email in the chat with your request. A list or letter will be emailed to you.

Note to secretary: "When requested, it is the secretary's responsibility to obtain the requester's email and send verification of attendance, if needed or to delegate the task".

Are there any AA announcements?

The 7th Tradition reminds us that A.A. is self-supporting through our own contributions. A link will be posted in the chat window for members who wish to contribute directly to the Pleasant Hill AA Group via Zelle, PayPal, credit card, or check.

The Pleasant Hill Civic Group holds its hybrid business meeting on the **third Sunday of each month at 4:00 p.m.**, using the same Zoom link and password as this meeting. The 7AM Pleasant Hill Zoom Meeting Group holds its business meeting on the **last Saturday of each month, immediately following the 7AM meeting**. Secretaries are encouraged to attend, and all members are welcome at both business meetings.

Gratitude's are shared on Sunday, Tuesday, Wednesday, and Saturdays.

Let's go around the room. Tell us your name and something you're grateful for. *Please be mindful of time and keep your gratitude's brief.*

We will now be reading from _____.

Thursday introduce the speaker.

Thank the speaker.

Open the floor for sharing; ask people to please "raise your 'virtual hand,' if you'd like to speak and you will be called on in order".

Secretary Note: Please end meeting on time "HARD STOP" 8:00 a.m.

Before we close the meeting, we need a volunteer to read "The Promises".

We will now close the meeting in the usual manner.

Ask someone to close with a prayer of their choice.