

## District 12 Treatment Facility Meeting Format

*Prior to meeting start, request volunteers to read "How It Works", "The Twelve Traditions" and to pass out chips. Please write down volunteers' names as you will be addressing them by name during the meeting.*

Hello, my name is \_\_\_\_\_ and I am alcoholic and a member of Alcoholics Anonymous.

Announce: "I would like to open this meeting with a moment of silence followed by the Serenity Prayer".

Serenity Prayer - God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

This is an open meeting of Alcoholics Anonymous. All are welcome, especially newcomers. In keeping with our singleness of purpose and our Third Tradition which states that "the only requirement for membership is the desire to stop drinking" we ask that all who participates confine their discussion to their problems and solutions with alcoholism.

Ask: "Is there anyone here for their first AA meeting?" Greet any of those new to AA

Announce: "We would like to ask all present to please turn off the volume on their cell phones and pagers so that we may limit disturbances to our meeting."

Read 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 AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, 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.

Out of respect to the readers or speakers, please refrain from chanting during the readings or applauding after the speakers.

Read How it Works: " \_\_\_\_\_ will now read "How it Works" from Chapter 5 of the book *Alcoholics Anonymous*."

Read the Traditions: " \_\_\_\_\_ will now read "The Twelve Traditions."

Announce: "In order to allow as many people as possible to share, please limit your comments to the topic being presented from the Big Book of Alcoholics Anonymous and speak three minutes or less.

Introduce Meeting Leader: *Meeting Leader is responsible for selecting a topic from the first 164 pages of the Big Book.*

*About 10 minutes before the hour, the meeting leader should announce that we are out of time and turn the meeting back over to the chairperson.*

Announce: "I have asked \_\_\_\_\_ to pass out chips." *Volunteer will pass out chips for 30 days, 60 days, 90 days, six months and nine months of continuous sobriety. In addition, the volunteer will offer a desire chip as an outward symbol of an inward desire to stay sober for one 24 hour period.*

At the end of the meeting, ask: "Are there any AA related announcements?"

Read the following:

"Anonymity is the spiritual foundation of all our Traditions. The things that you hear here and share here are spoken and shared in confidence. Let them be treated as confidential. What you hear here, let it stay here."

"I am responsible . . . When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

Announce: Let's close the meeting with the Lord's Prayer.

## “How It Works”

### Excerpt from Chapter 5 of Alcoholics Anonymous

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it - then you are ready to take certain steps.

At some of these, we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember we deal with alcohol – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power - that one is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress, rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after makes clear three pertinent ideas:

- (a) That we were alcoholic and could not manager our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought.

## The Twelve Traditions

One - Our common welfare should come first; personal recovery depends upon AA unity.

Two - For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Three - The only requirement for AA membership is a desire to stop drinking.

Four - Each group should be autonomous except in matters affecting other groups or AA as whole.

Five - Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.

Six - An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Seven - Every AA group ought to be fully self-supporting, declining outside contributions.

Eight - Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Nine- AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Ten - Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Eleven - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Twelve - Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

## Information for H&I Volunteers

- Once an AA commitment is made to any institution or organization, we cannot let our Fellowship down by not living up to the agreement fully. If you are unable to fulfill your commitment, please do your best to locate a replacement among the approved volunteers. Please notify **xxxxxx** if you are unable to attend your assigned meeting.
- We must be willing to follow direction. Please remember this program is allowed by the facility and they can discontinue the meetings if we do not abide by their rules and regulations.
- This type of twelfth-step work requires a "cheerful humility". We simply put the message in front of the alcoholic in treatment. What the alcoholic does with it is not our business.
- Since AA's public relations policy is based on attraction, rather than promotion, that leaves it up to each of us to reflect the attractiveness of the AA way of life.
- We must stick to our own business - being an alcoholic. We are *not* in the business of educating non-alcoholics about alcoholism, religion, medicine, or anything else. The A message is carried by sharing our experience, strength and hope. We have no business criticizing any professional agency or person, or telling them how to treat or not to treat alcoholics.
- You do not need to have been hospitalized yourself to do twelfth-step work in a treatment facility. What is important is our personal experience with alcoholism - "what it was like, what happened, and what it is like now".

Adapted from "AA in Treatment Facilities", AA General Service Conference approved literature.

Questions for representatives of facility:

- Policies to enter facility -
  - Do we need to check in / out; dress code?
  - Dress code?
  - Do we need to call ahead and confirm meetings?
  - Minimum sobriety requirement?
- Interested in video once a month?
- Should we distinguish between Bridging the Gap and AA in Treatment Facilities
- Should we share the list of things AA is not (From "AA in Treatment Facilities" pamphlet)