

Early Sobriety Meeting

Mondays at 8:00PM

Revised: Aug 1, 2024

BEFORE THE MEETING STARTS, ASSIGN THE FOLLOWING READINGS

How It Works

12 Traditions

Promises

CHAIRPERSON OPENS THE MEETING

Welcome to the Early Sobriety Zoom Meeting. My name is _____ and I will be your chairperson this evening.

This meeting is focused on helping newcomers and those in early sobriety navigate through their journey in AA. We have muted all members now out of respect for those who are sharing. Please be aware of your surroundings and any personal information you share. **And, above all, please respect our fellowship during this meeting.**

A listing of all AA meetings, both in person and online, can be found on our website at **“<http://www.aastjohns.com>”** under the Meetings tabs.

This is an open meeting of Alcoholics Anonymous, which means that anyone you see here may or may not have a problem with alcohol.

Is there anyone here for their 1st, 2nd or 3rd AA meeting? If so, please unmute and state your first name. We hope you get enough out of this meeting to bring you back to another.

Is there anyone coming back who wishes to identify themselves? If so, please unmute and state your first name. Welcome back.

We will now have a moment of silence followed by our Serenity Prayer, remembering the suffering alcoholic who is still out there.

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.

We will now read our 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.

**HOW IT WORKS IS READ
12 TRADITIONS ARE READ
PROMISES ARE READ**

It is important to recognize successes in periods of sobriety. Is there anyone celebrating a sobriety milestone between 24 hours and 11 months? Are there year milestones?

A word about the 12th Tradition. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities and to help us practice genuine humility. What you hear in this meeting, stays here. You are welcome to tell people you are a member of AA; you are not welcome to tell them that anyone else is a member of AA.

We will now introduce our speaker who will share on tonight's discussion topic, which is _____ . (remind speaker to keep their share to no more than 15 minutes)

Our speaker will be followed by a discussion.

ONCE SPEAKER HAS FINISHED, THANK THEM AND OPEN THE DISCUSSION.

CLOSE DISCUSSION

We wish to remind everyone one of our Seventh Tradition which states that AA is self-supporting through its own contributions. You can donate to our group through email transfer at **earlysobrietynl@outlook.com**

We hope anyone new and in early sobriety here this evening got enough out of this meeting to get back to another meeting.

Also, if you visit "**<http://www.aa.org>**" you will find a list of literature and pamphlets to help you to better understand the AA program.

Before closing, we would like to remind you that the meeting room will remain open for a while. This is a great opportunity to connect with others and get phone numbers from our members. Get a sponsor, join a group and get involved with AA service.

Let us show our appreciation for tonight's speaker and our readers.

IF TIME PERMITS, READ "YESTERDAY, TODAY AND TOMORROW" (SEE LAST PAGE)

We will now end with the **LORD'S PRAYER**.
Our Father...

Yesterday, Today and Tomorrow (reminding us all to live one day at a time)

***There are two days in every week
about which we should not worry,
Two days which should be kept free of fear and apprehension.***

***One of these days is YESTERDAY,
With its mistakes and cares,
Its faults and blunders,
Its aches and pains.
YESTERDAY has passed forever beyond our control.***

***All the money in the world cannot bring back YESTERDAY.
We cannot undo a single act we performed;
We cannot erase a single word we said.
YESTERDAY is gone.***

***The other day we should not worry about is TOMORROW
With its possible adversities, its burdens, its larger promise.
TOMORROW is also beyond our immediate control.***

***TOMORROW, the sun will rise,
Either in splendor or behind a mask of clouds,
But it will rise.
Until it does, we have no stake in TOMORROW
For it is as yet unborn.***

***This leaves only one day - TODAY.
Any man can fight the battles of just one day.
It is only when you and I add the burdens of those two awful eternities
- YESTERDAY and TOMORROW -
That we break down.***

***It is not the experience of TODAY that drives men mad.
It is remorse or bitterness for something which happened YESTERDAY
And the dread of what TOMORROW may bring.
Let us, therefore, live but ONE day at a time.***