



El Cerrito Courage to Change Fellowship Suggested “Gimme Shelter” A.A. Meeting Format

Welcome!

This is the _____(day) __: __ (time) Zoom meeting of the El Cerrito Courage to Change Group of Alcoholics Anonymous. I am _____; I’m an alcoholic and secretary of this meeting.

Let’s open with a moment of silence followed by the Serenity Prayer.

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, 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.

This is an open meeting; anyone is welcome to attend open meetings. Anonymity is the spiritual foundation of all our traditions. Please respect this and treat in confidence who you see and what you hear at this meeting.

I’ve asked _____ to read _____.

And _____ will read the Twelve Traditions.

If anyone here is at their first, second or third A.A. meeting ever, please tell us your first name. We’d like to welcome you!

Anyone in their first 30 days of sobriety?

Anyone from out of town, or new to the El Cerrito Courage to Change Fellowship?

Every A.A. group ought to be fully self-supporting. While we are zooming, we still have to pay online and storage expenses, support our prudent reserve for an eventual return to a physical location, and support A.A. as a whole. We ask you to check our website at tinyurl.com/ecc2c to make contributions.

Any A.A. announcements?

Disruptions of any kind in the Zoom meeting or Chat are unacceptable. If there is a disturbance, communicate with the host in Chat. If necessary, the host as a trusted servant of the group will remove the disrupter.

(If speaker, suggest 15 minutes.)