

Hello everyone, my name is (_____) and I am an alcoholic. Welcome to the Mustard Seed Group of Alcoholics Anonymous. We meet on Zoom every morning at 10:30 am Eastern. This is an open meeting of AA, which means anyone can attend. Closed meetings, for alcoholics only, can be found on AA.org and the AA Meeting Guide app.

This is an anonymous meeting, please do not take recordings or screenshots. If you need verification of attendance, let us know in the chat and someone will help.

Opening

We will now open the meeting with a brief moment of silence followed by the serenity prayer and the AA Preamble:

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

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 help other alcoholics to achieve sobriety.

How it Works

I have asked (_____) to read *How It Works* from Chapter 5 (p.58) of the Big Book.

Tradition (First day of the month, then chairman can use or discard this section)

I have asked (_____) to read The Tradition of the Month from (p. 562) of the Big Book.

Newcomers and Visitors

We'd like to welcome anyone here for their first AA meeting or in their first couple weeks of recovery. Please introduce yourself if you'd like to. [pause] Is anyone counting 90 days of sobriety? Please let us know who you are and tell us your day count, so we can get to know you better. [pause] If you're visiting this meeting for the first time, please let us know who you are and where you're from. [pause]

Meeting Type

[NOTE - Please stick to the day's meeting format i.e. Big Book, Daily Reflection, Step Series if possible. Attendees look at the online meeting schedule and come expecting a particular format.]

Sunday: Beginners/Newcomers | The chairperson will read and/or share on a beginners' topic or the first three steps.

Monday: Big Book | The chairperson will read a selection from the Big Book and then share.

Tuesday: Thought for the Day | The chairperson will read today's selection from the book "24 Hours a Day" and then share. [<https://www.hazeldenbettyford.org/thought-for-the-day>]

Wednesday: As Bill Sees It or Open Topic | The chairperson will read a selection from the book *As Bill Sees It* and then share.

Thursday: Chairperson's Choice Topic/Open Discussion | The chairperson will choose a reading or recovery topic and then share.

Friday: Step Series | The chairperson will share, or introduce a speaker to share, their experience with one of the 12 Steps.

Saturday: Daily Reflections | The chairperson will read today's AA Daily Reflection then share.

<https://www.aa.org/daily-reflections>

Last Saturday of the month: **Anniversaries**. Those celebrating their sober anniversary during the month are invited to share their experience, strength, and hope and to reflect on this milestone. *[NOTE: If there are no celebrants, the format will be Daily Reflections, as above]*

7th Tradition:

Each AA group ought to be fully self-supporting declining outside contributions. Will someone please put the online donation information into the chat section? If you are unable to contribute, please keep coming back. We need you more than we need your money.

Group Sharing

[NOTE: your share should last until about 10:50 am+/-, then open discussion should last until about 11:25.]

The meeting is now open for group sharing. Please use the "Raise Hand" function in your Zoom app or let us know in the chat if you'd like to speak. It's OK to talk about things you relate to from others' shares in this meeting, but we encourage you to focus on your own experience, strength and hope. If you are not sharing, please make sure your mic is muted. To give everyone time to participate, please keep your share 3-5 minutes. If you're intoxicated, we're glad you're here. Please stay and just listen. We can talk after the meeting. *[NOTE: On Sunday, please invite beginners /newcomers to share first]*

End of Group Sharing [NOTE: about 11:25]

I'm sorry, that is all the time that we have. If you did not get a chance to share and feel that you are in danger of losing your sobriety, please share now. Or, get with someone after the meeting.

Announcements and Suggestions

Do we have any announcements? *[pause]*

It is suggested that you join a group and do service in that group. You are a member of the Mustard Seed Group when you say you are a member.

On the third Saturday of the month, we hold our business meeting at 11:35am Eastern Time directly following the regular meeting.

This group believes in the importance of sponsorship. We suggest that you find someone you like who has worked the twelve steps and ask that person.

Chips (if necessary – not mandatory)

I have asked (_____) to do the chips.

Closing Reading

I have asked (_____) to read *The Promises* (Big Book, p. 83) or *A Vision for You* (p. 164), or *More About Alcoholism* (p. 30).

End of Meeting

I would like to thank everyone who participated and thank you for the opportunity to be of service. Again, this is a program of anonymity: who you see here, what you hear here, let it stay here when you leave here.

We have a nice way of closing. I have asked (_____) to close the meeting with a brief moment of silence and a prayer of their choice.