

## **5:30 pm Sunday Women's Zoom Meeting Format**

**By group conscience, the Chairperson must have 90 days continuous sobriety**

**(Before the meeting starts, ask someone to read from Each Day a New Beginning.)**

**(At 5:30pm) Welcome to the 5:30 Women's meeting of Alcoholics Anonymous on Nantucket. My name is \_\_\_\_\_ and I am an alcoholic. Please help me open this meeting with a moment of silence followed by the 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."**

**Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. This is an open meeting and all are welcome. As our preamble states, "the only requirement for membership is a desire to stop drinking." We ask anyone who has been drinking in the last 24 hours refrain from speaking, but not from listening. Someone will be happy to speak with you after the meeting. Please share in "I" perspective, your own experience, strength and hope. Please keep your share to five minutes or less, so we have enough time for everyone who would like to share. There shall be no cross talk, which means we do not comment directly to another person during the meeting.**

**Before we begin this online meeting, let's go over a few guidelines to help make this meeting feel like a safe and comfortable place where we can express our true selves. Please do your best to participate in a private place. Knowing there are other people in the room you are participating from can be distracting for others. Please remember to keep yourself muted if you are not sharing. If you wish to honor the 7th tradition, you can donate through Venmo or mail a check. We will post this information in the chat halfway through the meeting. If you need a sponsor, are willing to sponsor, or just would like to connect with people outside the meeting, please feel free to put your phone number in the chat.**

**Now let's go around the room and introduce ourselves. If you don't know how you identify yourself, please feel free just to tell us your name. I'm \_\_\_\_\_ I'm an alcoholic.**

**(Go around room; make sure anyone who arrives late gets the chance to identify themselves.)**

**The format of this meeting is to read a short reading and then the meeting will be open for discussion. Just another reminder to make sure your mic is muted.**

**Before we read, is there anyone here today having a problem with their sobriety they'd like to talk about?**

I've asked \_\_\_\_\_ to read from *Each Day a New Beginning*.

The meeting is now open for discussion. (Announce whether this will be a call-on or speak at will format.)

(half-way through the meeting, post in chat)

If you wish to honor the 7th tradition, please go to Venmo and search "NantucketAA (first name - one word)" and last name "Online." The number to confirm the account is 7916. Or mail a check to Nantucket AA P.O. Box 451 Nantucket MA 02554.

(At around 5:25pm and if everyone hasn't shared already, ask if there are any burning desires to share.)

We hope you have heard something of value at this meeting. We have shared the information to honor the 7th tradition that we are self-supported through our own contributions. And in the spirit of the 12th tradition, who you see here, what you hear here, when you leave here, let it stay here.

Are there any AA related announcements? We'll close with the Serenity Prayer.

(Meeting ends at 6:30pm.)